

THE WAY TO WISDOM: The Role of Personal Insight Leading to Deliverance



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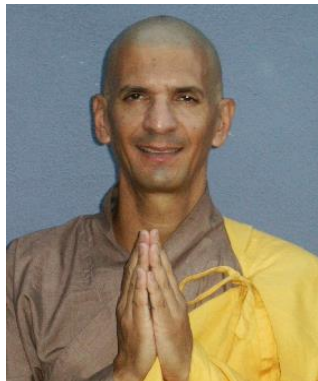
Table of Contents

- **Introduction**
- **Ven. Sariputra and the Wisdom Matrix**
- **Meditation's Insightful Role—the Self Actor Revealed, the Subconscious Exposed and Wise-Reflection Engaged**
- **From Monkey Mind to Concentrated to Wisely Engaged**
- **Conduct and Virtue Leading to Wise Action**
- **The Makings of Self and Non-self Freedom**
- **The Karma Connection—Compelling Habitual Motives Leading to Suffering Actions**
- **The Four Noble Truths—The Wisdom Penetrating Self-Illusion to Ending Self Suffering**
- **The Fourth Noble Truth—The Middle Way Noble Eightfold Path Deliverance**
- **An Accomplished One—Noble, Perfect and Wise**
- **The Unconditioned Realm—Nirvana**

I wish to acknowledge the profound influence of Ven. Bhikkhu Bodhi for sharing and clearly expounding the Dharma's Wisdom here in the west. The dust has been lifted from the eyes of many!

I am grateful to the generosity of the late Rick Bolton. Thank you, Ricky, for your friendship, sharing and 'dana.'

Brother Pho Quan



Brother Pho Quan, 'Universal Contemplation' (Roberto Vicente) took vows in 2002. His early Buddhist experience was with local temples and retreat centers in the San Francisco Bay Area. He has been influenced by Jack Kornfield as well as Ven. Bhikkhu Bodhi. Brother has a BA degree (CSUS 1979). His emphasis is the practice and fundamentals as expressed and experienced through the Pali Canon (please visit www.accesstoinsight.org).

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The Pali Canon (Discourses of the Buddha)

- AN: Anguttara Nikaya—The Numbered Discourses**
- DN: Digha Nikaya—The Long Collection of Discourses**
- DH: Dhammapada—The Path of the Dharma**
- IT: Itivuttaka—‘This was said’ Collection of Suttas**
- MN: Majjhima Nikaya—The Middle Length Discourses**
- SN: Samyutta Nikaya—The Grouped Collection of Discourses**
- THERAG: Theragatha—Verses of the Elder Monks**
- THERIG: Therigatha—Verses of the Elder Nuns**
- UD: Udana—Exclamations**
- VN: Vinaya Pitaka—The Monastic Code Collection**

The Sanskrit usage of words and phrases has been adopted since they are readily used and referred to by the modern audience (i.e. Dharma, sutra, karma, Nirvana, etc.).

Introduction

Enlightenment is often thought of as a magical moment and epiphany. Michelangelo's Sistine Chapel fresco of God creating Adam comes to mind or a brilliant lightening bolt crescendo. There are few instances of these 'one of a kind' breakthroughs. An uphill climb to the mountain top, for the majority of practitioners and people wisdom comes in slow increments. Just as a chick repeatedly pecks through its shell to be free, so too a consistent effort and regular practice is followed, culminating as enlightenment or known liberation. Self-centered, one-sided habitual ways are the barrier keeping one from wisdom and liberation.

Before he was the 'Awakened One' or the Buddha, he was Siddhartha Gautama, a bodhisattva on the path to enlightenment. Striking out on his own to realize suffering's end and penetrate life's meaning, the Buddha candidly detailed his ordeal (MN 26 and 36), the wrong turns he took of punishing austerities to nearly die before realizing a Middle Way approach between indulgence and gratification and aggression and hostility.

Personal insight comes through a melding of Buddhist Insight Meditation (Vipassana) allowing for the mind to first settle then to better appreciate one's life and understand reality. The Middle Way is a balance and harmony of conduct-virtue, meditation-concentration and insight-wisdom, turning one away from a self-absorbed confusion to the true nature of life and reality. Like Alice stepping through the looking-glass and culminating in the Unshakeable Deliverance of Mind, self-obsession ends to breakthrough to the Ultimate Reality, Nirvana.

Shared here in this Dharma offering are the practical steps to fulfilling Wisdom-Liberation Deliverance: meditation as personal awareness controlling and transforming the mind to a penetrating and clarifying insight, culminating in enlightenment or known liberation.

Please don't let the notion of wisdom put you off or be intimidating. As will be shown, maturing insight is practical and personally engaged.

You pass through deepening levels of unifying insight: meditation as settling and clarifying in tandem with virtue, personal awareness intensifies as a rewarding intimate experience.

Unfortunately, most people never go beyond the tranquility of meditation to know wisdom, but are tossed about like a ship on rough seas between hardships and short-lived tranquility. A certain willingness and courage is necessary to get through the self-attachments and the deceiving barriers limiting each of us

With his last breath the Buddha poignantly urged: “I declare to you: all conditioned things are of the nature to decay—strive on untiringly.” DN 16.

After the first chapter of general detailed background information, *The Way to Wisdom* follows as a practical application the full course and regimen of Buddhist practice, climaxing in enlightenment or known liberation.

Ven. Sariputra and the Wisdom Matrix

Ven. Sariputra's Legacy

Ven. Sariputra was second only to the Buddha in depth of understanding and wisdom, realizing then able to present the complex and subtle points of the Dharma in a clarifying, accessible and insightful manner. An informative read of these early disciples is shared in *Great Disciples of the Buddha*, Wisdom Publication (2003). The chapter on Ven. Sariputra is particularly worth reading (also available at www.accesstinsight.org--the Life of Sariputta by Ven. Nyanaponika Thera). Ven. Sariputra's manner was open, supportive, and ever patient. He was a sincere monastic and an exemplarily teacher to follow on the way to Wisdom-Liberating Deliverance.

How Ven. Sariputra came in contact with the Dharma and his initial recognition is an eminent moment in Buddhist history. Sariputra saw Ven. Assaji who was on alms round (one of the five original monks of the sangha). Struck by the elder's dignified and serene appearance, Sariputra followed Ven. Assaji to where he was staying in the woods. After allowing him to finish the meal, Sariputra approached to ask under whom Ven. Assaji practiced and what was the teaching. Ven. Assaji replied succinctly in four lines which have continued echoing for over two millennium:

"Ye Dharma hetuppabhava tesam hetum tathagato aha, tesañca yo nirodho evamvadi mahasamano 'ti."

**“Whatever phenomena [actions] there are that arise from a cause,
[The Buddha] has explained the cause;
And also that which is their cessation:
This is the teaching of the Great Monk.” Mv 1, 23, 5.**

This *gatha* is one of the best-known and revealing Dharma verses, reflecting the principles of causality (Conditions Arising) and the fourfold Wisdom Matrix insight to be applied and followed, climaxing as enlightenment or known liberation.

Upon hearing the lines, Sariputra became established as a Stream Enterer. Later going to meet with the Buddha and joining the Noble Sangha, within two weeks Sariputra attained enlightenment while listening to a Dharma talk on how liberation is experienced through contemplating feelings (MN 74). Concerning his attainment Ven. Sariputra remarked: “It was half a month after my ordination, friends, that I realized, in all their parts and details, the analytical knowledge of meaning, ...of the Dharma, ...of language, ...and of perspicuity (clarity). These I expound in many ways, teach them and make them known, establish and reveal them, explain and clarify them. If anyone has any doubt or uncertainty, he may ask me and I shall explain (the matter). Present is the Master who is well acquainted with our attainments.” (AN 4, 172).

The Buddha later declared of Ven. Sariputra “If a person, rightly saying it of anyone, were to say, ‘He is the Blessed One’s son, his offspring — born of his mouth, born of the Dharma, created by the Dharma, his heir in the Dharma, not his heir in material things,’ he would be rightly saying it of Sariputra if he were to say: ‘He is the Blessed One’s son, his offspring—born of his mouth, born of the Dharma, created by the Dharma, his heir in the Dharma, not his heir in material things.’ Sariputra, takes the unexcelled wheel of Dharma set rolling by the [Buddha], and keeps it rolling rightly.” MN 111.

Conditions Arising

A magician uses slight of hand illusion. Life, too, when first viewed is a disguised charade. At first glance, things appear to be stable and defined because one’s awareness isn’t yet keen enough to discern the subtleties. The six senses can’t keep up with the changes or impermanence. Hindered by an undermining false and divisive view, a self approach seems the normal, right and logical take on life. After all things seem to be happening to me—I feel and see—I must be. Descartes’ “I think therefore I am” neatly sums up the self-anthem.

In turn Buddhist insight and the Wisdom Matrix rightly clarify the mistaken self-centered notion by revealing that life forms from multiple action sources as briefly passing instances or phenomena. Self is an

illusion and leads to a suffering fallout. The self actor is careless, impulsive and suffers when expectations aren't met. The letdown is like a slap across the face. Underscoring all life is how purposeful action plays out as causes and effects. Conditions Arising and the corresponding Wisdom Matrix reveals the true course of events.

Life's paradox stands out—for there to be **'one' or a 'self' two or more conditions, actions, influences and elements are always present**. For there to be any individual, 'one' or self as person, animal, plant or whatever, Conditions Arising as generating factors and actions come in to play. Self is a misunderstood illusion compromising life. This isn't chaos, something haphazard or random, but has the deeper implication of purposeful actions (careless or detrimental, or beneficial and wise).

Simply put, the world and life aren't perfect or a paradise. Fruit ripens, falls and then goes bad. There is evolution and transformation—an arising and fading. The present moment is alive and dynamic. A moment or two passes before giving way to the next life-action experience of conditions, actions, influences and elements. Past, present and future linked, these events in turn go on to promote other moments and experiences. Reality is misunderstood through self-deceived limitations—the drive to fulfill sensual desires, the drive to fulfill craving for existence, driven by misunderstanding life as self-oriented.

Also known as Dependent Arising or Dependent Origination, here Conditions Arising is used. As a plural, 'conditions' expresses the connection of multiple conditions, influences and actions joining to give the illusion of an individual, 'one' or self. Arising is reference to the complex connection and entangling of purposeful actions that underscores life. Conditions Arising as a dynamic cycle affects both physical and psychological events through multiple causes and effects. More than a theory, philosophy or intellectual pondering, but rather a true-life experience of actual reality, Conditions Arising reveals a how self-dominated suffering plays out, and when fully appreciated and

properly understood and realized is enlightening and climaxes in liberation.

Though close in its understanding, modern science is more a numbers game calculation, missing the deeper role of purposeful actions as well as the intimate connection of conditioned causes and effects (the many actions forming the individual, ‘one,’ self and experience). It is important to realize there is no beginning first moment. This would imply an individual source or start with a one of a kind exact cause leading to a one of a kind effect or outcome (although a general misunderstanding or ignorance of not knowing life and reality undermines all actions). Impermanent, nothing stays the same but changes as a coursing and streaming phenomena. Life has dimensions, complications, energy and degrees of potential underscored by compelling-willed or purposeful actions.

“One who sees Conditions Arising (*paticca samuppada*), understands the Dharma; one who sees the Dharma sees Conditions Arising,” Ven. Sariputra confided (MN 28). The law of causality reveals the truth leading to liberation.

Wise Understanding (*Sammaditthi Sutta* MN 9)

If what follows isn’t at first clear or completely understood, subsequent chapters reflect a practical and straight forward application of the wisdom experience.

Essential to putting you on the right track from an all consuming, one-sided, self-absorbed directive to a clarifying Wise Understanding of life and reality is an appreciation of Conditions Arising or causality—the many conditions in the ‘one’ rather than there being a separate or unique self origin. Sariputra was able to conclude from Ven. Assaji’s Dharma message the fourfold Wisdom Matrix clarification and realize the complex attributes within Conditions Arising. The Wisdom Matrix formula bridges the gap to wisdom and climaxes in liberation; the Ultimate Reality, Nirvana (as unconditioned without self-reference or self-promotion and suffering’s end).

- **A phenomena or action is experienced;**
- **The origins or causes of the phenomena or action;**
- **The phenomena or action ceases or ends;**
- **And the way to ending the phenomenal or action cycle.**

In a detailed and profound discourse overlooked and little known by the general public and lay practitioners but held in the highest regard by monastics, Ven. Sariputra's profound talk on Wise Understanding (*Sammaditthi Sutta* MN 9) puts into context the full scope of the Wisdom Matrix formula and how the appreciation deepens to insight about life and reality. Rather than a detailed commentary on the discourse, the focus and emphasis here is how Ven. Sariputra applied the Wisdom Matrix formula as a revealing and practical insightful experience. The causal factors within Conditions Arising reveal how wisdom is personally directed and engaged.

Ven. Sariputra begins by putting into perspective how unwise actions (expressed through the body, speech and thoughts) center around a greedy, hateful and deluded self-protagonist. In turn these self-driven motives go on to undermine our lives first through the deceptively simple acts related to both physical food and mental nourishment, and contribute to self-related suffering. Established in proper conduct and virtue, the Wisdom Matrix fourfold formula is revealed—the actions sources, origins, their ceasing, and the way leading to cessation. Later the full scope of the Four Noble Truths significance in connection with the Wisdom Matrix as liberating wisdom will be detailed. Here what is highlighted is the Wisdom Matrix pattern and experience as an instrumental clarification to having Wise Understanding. A Middle Way appreciation is followed rather than self-related extremes for indulgence and gratification or hostility and aggression. If you don't entirely understand the scheme that follows simply realize the ongoing causes and effects relationship and the underlying pattern of actions playing out.

The Wisdom Matrix for Conditions Arising

- **A phenomena or action is experienced;**
- **The origins or causes of the phenomena or actions;**
- **The phenomena or action ceases or ends;**
- **And the way to ending the phenomenal or action cycle.**

Misunderstanding

- Misunderstanding life and reality is experienced;
- Through the diverse conditions and actions of not correctly knowing life arising, misunderstanding arises (the drive for desire, the drive for existence, driven by misunderstanding life and reality);
- With misunderstood actions ceasing, not understanding ceases;
- And a Middle Way appreciation is followed for how misunderstanding ceases.

Ignorance

- Ignorance or confusion is experienced;
- Through the diverse conditions and actions of misunderstanding life arising, ignorance arises;
- With misunderstood actions ceasing, ignorance ceases;
- And a Middle Way appreciation is followed for how ignorance ceases.

Self-Centered Biased Formation

- A mistaken self-centered biased formation is experienced;
- Through the diverse conditions and actions of ignorance arising, a self-centered biased formation arises (physical, verbal and mental divisive attributes);
- With ignorant actions ceasing, the self-centered biased formation ceases;
- And a Middle Way appreciation is followed for how a self-centered biased formation ceases.

Present Consciousness

- A present consciousness is experienced;

- Through the diverse conditions and actions of a self-centered biased formation arising, a present consciousness arises (forming through eyes, ears, nose tongue, body, and mind consciousness episodes);
- With the self-centered biased formation actions ceasing, present consciousness ceases;
- And a Middle Way appreciation is followed for how present consciousness ceases.

Body/Mind Association

- The body/mind association is experienced;
- Through the diverse conditions and actions of present consciousness arising, a body/mind association arises (physical elements, feelings, perception, mental reactions and conscious attention);
- With present conscious actions ceasing, the body/mind association ceases;
- And a Middle Way Path appreciation is followed for how the body/mind association ceases.

Sense Receptors

- Sense receptors are experienced;
- Through the diverse conditions and actions of a body/mind association arising, sense receptors arise (the sensitivity of the eyes, ears, nose, tongue, tactile and mind receptors);
- With body/mind associated actions ceasing, sense receptors cease;
- And a Middle Way appreciation is followed for how sense receptors cease.

Sense-Contacted Consciousness

- Sense-contacted consciousness is experienced;
- Through the diverse conditions and actions of sense receptors arising, sense-contacted consciousness arises (sight, hearing, smell, taste, touch and thought consciousness);

- With sense receptor actions ceasing, sense-contacted consciousness ceases;
- And a Middle Way appreciation is followed for how sense-contacted consciousness ceases.

Feelings

- Feelings are experienced;
- Through the diverse conditions and actions of sense-contacted consciousness arising, feelings arise (pleasant, painful and neutral);
- With sense-contacted conscious actions ceasing, feelings cease;
- And a Middle Way appreciation is followed for how feelings cease.

Craving

- Craving is experienced;
- Through the diverse conditions and actions of feelings arising, craving arises (craving for forms, sounds, smells, flavors, tactile and mind objects);
- With felt actions ceasing, craving ceases;
- And a Middle Way guidance is followed for how Craving ceases.

Attachment

- Attachment is experienced;
- Through the diverse conditions and actions of craving arising, attachment arises (for sense pleasures, views, rules and a self-related doctrine);
- With craved actions ceasing, attachment ceases;
- And a Middle Way appreciation is followed for how attachment ceases.

Being

- Being is experienced;
- Through the diverse conditions and actions of attachment arising, being arises (for Sense, Fine-Material and Immaterial Realm existences);
- With attached actions ceasing, being ceases;

- And a Middle Way appreciation is followed for how being ceases.

Birth

- Birth is experienced;
- Through the diverse conditions and actions of being arising, birth arises (various orders of birth in the womb, generated forms and sense contacts);
- With being actions ceasing, birth ceases;
- And a Middle Way appreciation is followed for how birth ceases.

Aging and Death

- Aging and death are experienced;
- Through the diverse conditions and actions of birth arising, aging and death arise (various orders of beings passing on, dying, completion of time, dissolution of forms and physical decline);
- With birth actions ceasing, aging and death cease;
- And the Middle Way appreciation is followed for how aging and death cease.

Detailed later will be the Four Noble Truths relationship to the Wisdom Matrix along with the Middle Way Noble Eightfold Path leading to deliverance. Emphasized here is the Wise Understanding (actions as causes and effects rather than an individual, 'one,' or unique self) vital to penetrating enlightenment or known liberation.

Take any event and run the experience backwards (a difference of opinion at work, a childhood memory, or any incident). Note how the episodes reveal the fourfold Wisdom Matrix for Conditions Arising causality—there are actions or experiences; the origins or causes of the action or experience; the cessation of the actions or experiences; and the way to ending the action cycle. A self-deceived misunderstanding compromises life; multiple actions give the illusion of the individual, 'one' or self.

Why bother trying to understand and deal with the complexity of Conditions Arising? To honestly realize how through a self-obsession you suffer and how to end the self-promoted charade. Happiness and

peace are at stake with the ultimate goal being the end of self-related suffering and to realize liberation. Knowing the contributing factors and how the problems come about, you positively direct your life and turns back the tide on conflicts and hardships.

Before one was careless and acted impulsively, but now the Wisdom Matrix clarification for Conditions Arising undercuts self-deluded instances. Problems do have a solution. Penetrating Conditions Arising all the way to enlightenment or known liberation, suffering's end is realized.

A practical experience, *The Way to Wisdom* now goes on to detail the role of personal insight leading to deliverance.

Meditation's Insightful Role— The Self Actor Revealed, the Subconscious Exposed, and Wise Reflection Engaged

What is Meditation?

Revealed through meditation's settling focus and starting with the simple awareness of the breath's quality, a journey like none other is begun. Options and choices, goodwill and caring, concentration, insight and wisdom are cultivated and developed. Wisdom comes gradually through a sensitive and experienced personal understanding. Profound truths are realized—an intuitive reflection and discernment for the true nature of life removed from self-routine is penetrated. Insight Meditation as emphasized in Buddhism begins by experiencing a settling composure as tranquility matures to wisdom and culminates in nothing less than enlightenment from habitually toxic actions to final liberation from self-promoted suffering. The simple cure for all your problems and troubles is stopping. Meditation puts on the brakes on a hectic, demanding life and is a timeout from self-aligned destructive ways.

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Insight Meditation is experienced;**
- **Through the diverse conditions and actions of meditation arising, tranquility arises;**
- **With tranquility arising, well being and mental clarity are established;**
- **And the Middle Way appreciation is followed.**

Meditation directs one away from automatic and impulsive tendencies. Attention is then turned towards a present minded connection through a calm reflection to better know one's life.

A welcomed timeout from all activities, work and demands, meditation isn't just one more thing to rush through. Quite the opposite, the sitting is an actual comfort, ease, joy and settling as well as insight. Whether cross-legged or in a chair, sit up so that you are comfortable, shoulders

drawn back slightly. In this way the chest is somewhat out and exposed. Now with the spine straight, allow the shoulders and back muscles to relax and settle as the upper body weight aligns and rests naturally at the waist. This centered position helps prevent the back from stiffening and aching. Allow the shoulders to drop and relax. The chin is dropped down slightly, taking pressure off the neck. Rest with hands cupped on the lap, left hand under the right. A too-erect posture makes for a meditation that is uncomfortable and agonizing. Now sitting relaxed, take 5-7 deep breaths through the nose to settle down.

Attentive rather than neglectful or scatter brained, the breath's quality is the one and only focus. Aware in the present moment, realize your breathing as well as recognize the ongoing body/mind communication to slowly release stress. Cultivated is a deepening personal intuition. A Middle Way appreciation is followed (the Middle Way avoids the impulsiveness for indulgence and gratification and also aggression and hostility, and is a 'middle' awareness removed from everyday, distracting extremes). Detailed later in full, the liberating Middle Way Path is Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Awareness, and Wise Concentration.

Connected with the present, realize the breath's quality as well as recognize the ongoing body/mind communication. If distracted, note the corresponding tension and pressure felt in and around the forehead as well as the back of the eyes. The mind can take extra time to settle down to a simple connected awareness. Insight Meditation establishes awareness to recognize the actions and expressions of one's life—from self-dominated to a clarified presence.

Cross-legged on a cushion or sitting in a chair, meditation is an intuitive experience—calm, settled, observing and engaged in mindfulness. Guide your awareness to note the breath's quality (deep, long and heavy breathing when first sitting to shorter, calm and easy flowing when settled). Acknowledge any 'hot spots' over the body (facial muscles drawn, jaw clenched, shoulders hunched, abdominal muscles tight, or clenching at the pelvic area). Feel how the meditative timeout

is a beneficial respite from a hectic and demanding life. A tranquil experience, follow the recognition for the breath as well as the general areas of body, feelings, mind and life-actions.

Presently centered (lower jaw unhinged stretching the facial muscles, shoulders down and back relaxed, stomach muscles softened, hands gently cupped on the lap, chin down ever so slightly), note how you come to meditate. Acknowledge the breath's subtle qualities. A self-obsession keeps one on edge, busy and frustrated.

Meditation is a timeout without distractions, preoccupations and demands. Gently guide your awareness to the most obvious feeling and sensation—the breath's quality. Note the initial restlessness and unsettling when first sitting to meditate. Charged by strong impulses, follow how desires, dislikes, judgments, fears and fantasies are a stressful stranglehold. One goes through the day distracted, confused and overwhelmed. The upset then translates to nervousness and a frustrated, pressure-filled gasping for air. Self-domination is a conflicted triangle—a struggle with desire, overwhelmed by hatred, and confused by doubts (these mental states play out on dormant, active and transgressing levels). Judging, craving after and at odds, you are your own worst enemy.

Comfortable in your sitting position, lower jaw dropped allowing facial muscles to stretch and relax, chin down, shoulders and back muscles relaxed, abdominal and pelvic pressures released, a centering body scan is followed.

As though carrying a great burden or weight on your shoulders, without realizing it back muscles tend to arch up and stiffen. Allow the shoulders to drop and arms to hang freely with hands cupped together at the lap. Note, too, if there is any pelvic tension or stiffness in the lower extremities. Relax. Smile and take a few deep breaths. Feel at ease. Connect with the simple quiet relief meditation affords.

How is the body feeling? What stands out? Sense the coolness of the breath entering through the nostrils and passing at the back of the

throat, flowing then into the lungs and then diaphragm lifting. Is there pressure at the lower back, abdomen, or pelvic area? Acknowledge the moment. Through a Middle Way appreciation, you become familiar with the breath's qualities and body observance to experience the moment and subtle fluctuations.

Slowly moving down, have awareness for the chest and any pressure there. Breathe naturally and freely. Follow how the lungs inhale, the diaphragm expands, then the lungs exhale as the abdomen drops and the breath is expelled.

Notice whether abdominal muscles are clenched and tight. Think of the abdomen as something soft and flexible, allowing the muscles to relax with the meditation. Enjoy the meditative timeout from the compulsive need to always be busy and self-absorbed.

Note the mind and passing thoughts. Usually at the start of a meditation, pressing thoughts and demands carry over from earlier in the day flash and distract. Feel how a thought brings pressure to the forehead as well as behind the eyes. Try to relax the mind from actually squeezing, narrowing and gripping the thought. If the mind continues to be distracted, taking in a few deep breaths through the nostrils helps reestablish meditative calm.

Acknowledge how the body and mind communicate. With each thought and emotion there is a corresponding physical tension and sometimes accompanying pain. Self-related accumulated stress and pressure builds up. Work demands, family responsibilities, the commute, errands, conflicts and day-to-day challenges are reflected as a tense breathing, tightened muscles and disturbed thinking. Everyday life takes a toll. Greed, hatred and confusion stand out as reactive impulses. Try to relax and allow the pressures to gradually release and empty out. Visualize an hourglass emptying and the accompanying relief experienced.

Connecting with the breath's awareness initially gauges physical well-being then turns to realize ongoing mental states. A bio-feed back

takes place as an insightful personal therapy is established. A revealing appreciation, meditation is the means to realizing and dealing with self-centered habitual confusion. Recognize the ongoing stress and agitation that is generated and plays out as a scheming self actor. Note the tension over the facial muscles and throughout the body. Acknowledge how the mind, attention and thoughts stressfully narrow as a self-focus. Through meditative awareness, self-impulses are controlled, curbed and go on to be released as self-identification is minimized.

Centered and settled, note the gradual steps taken in calming down to separate from impulsive desires, disliking and dominating habits. A reflective Middle Way appreciation, the impulsive self-driven routine quiets down. Acknowledge how the self-centered breath gasps in fits and the body stresses. Notice how a Monkey Mind distracted dialogue dominates (desire/craving, hatred/aversion, laziness/fatigue, restlessness/worry, and doubt/skepticism). Follow the natural course of the breath as a revealing personal awareness. As one breathes (whether agitated or calm, impulsive or aware), so is one's life engaged. Note how the persisting self-monologue quiets and habitual impulses dissipate to a concentrated calm and relieved well-being. Acknowledge how facial tension, physical stress and distracting thoughts ease and fall away. Note as the tranquil awareness expands to a settled concentrated focus. This is meditation as an insightful personal experience and recognition.

Present Awareness—body, feelings, mind and life-actions

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Well being is experienced;**
- **Through the diverse conditions and actions of well being arising, awareness arises;**
- **With awareness arising, Wise Reflection is established;**
- **And a Middle Way Appreciation is followed.**

Awareness of the breath as engaged through Insight Meditation centers around four areas of present-minded appreciation—the body (of which the breath is part) and material form; feelings as pleasant, painful and neutral experiences; the mind and mental states; and life-actions as passing phenomena and experiences in general are recognized. The Middle Way appreciation is an engaged and mindful connection.

When first sitting, breaths are long and heavy (an almost out of control panting and heaving carrying over from ongoing activities, work, encounters and over the top indulgences). An observation, realization and awareness for the body, feelings, mind and life-actions (or phenomena) reveals life without a self-centered focus.

Present awareness for the body—Separated from worldly distractions and pursuits, focused, alert and mindful, with the breath as the centering contact focus, revealed is a charged biology. Follow as meditation allows for familiarity of the body. For all its remarkable physiology, the body weakens and isn't to be identified as self, but as an underlying insight all moments and experiences are discerned as short-lived and impermanent. The four general postures of walking, standing, sitting as well as lying down are conscientiously noted. A wisdom appreciation, life is revealed as so many connected conditions arising rather than self-obsessed. Acknowledge the impermanence, fading and cessation related to the body.

Present awareness for feelings—Separated from worldly distractions and pursuits, focused, alert and mindful, feelings arise and are noted with each and every moment as either pleasant, painful or neutral experiences. Meditation is followed as insightful rather than attaching to pleasant feelings, rejecting painful episodes, or ignoring neutral moments. Attentive without indulging or judging the feeling, as an underlying insight all moments and experiences are discerned as short-lived and impermanent. A wisdom appreciation, life is revealed as so many connected conditions arising rather than self-obsessed. Acknowledge the impermanence, fading and cessation related to feelings.

Present awareness for the mind and mental states—Separated from worldly distractions and pursuits, focused, alert and mindful, judgments, bias, attachments as well as any indifference, realize how self-related greed, hatred and confusion absorb the mind as conflicting thoughts arise. Observe the passing nature of thoughts. As an underlying insight all moments and experiences are discerned as short-lived and impermanent. A wisdom appreciation, life is revealed as so many connected conditions arising rather than self-obsessed. Acknowledge the impermanence, fading and cessation related to the mind.

Present awareness for life-actions or phenomena—Separated from worldly distractions and pursuits, focused, alert and mindful, follow how life flows as actions and experiences arise, connect and go on to fade. Reflecting the many actions in the 'one,' the true nature of life is action based and not self-related. The Conditions Arising cycle is underscored by purposeful action, leading to grave outcomes or less suffering and beneficial experiences. As an underlying insight all moments and experiences are discerned as short-lived and impermanent. A wisdom appreciation, life is revealed as so many connected conditions arising rather than self-obsessed. Acknowledge the impermanence, fading and cessation related to life-actions.

Begin to feel the subtle shift away from self-obsessed habits and thoughts to a Middle Way tranquil awareness. Without demands or deadlines, meditation is a restful relief as well as present clarification. Acknowledge the ease, calm and well-being. Relax and release the buildup of stifling energies.

Following the breath, the compulsive and self-driven, all-too-critical personal portrayal stops. Calmly follow each passing breath through a connected intuitive awareness. Without bearing down, acknowledge detachment. Self-association gradually weakens. Follow the Middle Way appreciation which isn't impulsive or aggressive. Without reacting, one is presently aware and reflective rather than projecting a self-association. Sense how self-burdened ways free up and disperse.

Note the shift away from a self-centered perception to an intuitive Middle Way calm awareness. A mindful recognition, you are open, at ease, alert and patient. Feel as the mind settles and self-identification for the body, feelings, mind and life-actions fall away. Follow how awareness of the breath deepens as an intuitive recognition for life. Meditation is discerning and insightful rather than self-absorbed.

The benefit, healing, joy and transformation realized through meditation is established by the simple act of sitting and having awareness for the breath, body, feelings, mind and life-actions. A slowing down and break with worldly distractions, passions and pursuits, life and reality are experienced without self-related attachments—not taken as a personality view, not craved after as mine, nor is there attachment through self-conceit.

Meditation then is a beneficial timeout from the exhausting and stressful runaround to fulfill a one-sided self ideal. Actions beget actions as causes and effects, the self-pursued Conditions Arising scenario stands out. Try as one will, if you are out of control and over indulging in passions and desires while overwhelmed by strong emotions, it is impossible to take control and have a proper perspective and insight for life. All too often people make excuses for not meditating or feeling the need to indulge every whim that comes to mind. Less is best.

By connecting with and following the breath, body language and thoughts, an inward reflection is established. You go from quick-to-respond character to having wise reflection for life. As a meditative insight, the Wisdom Matrix is discerned and deepens.

The Self Actor Revealed and the Subconscious Exposed

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-association is experienced;**
- **Through the diverse conditions and actions of self-association arising, the subconscious arises;**
- **With self-association ceasing, the subconscious ceases;**

- **And a Middle Way Appreciation is followed.**

Meditation goes on to reveal how a subconscious dialogue compels one to think, speak and act out. The thought moment identified, recognize how underlying motives hamper your life. Settling in concentrated awareness, feel the emergence of patience and goodwill. Aware, recognize the burden of self-centered thoughts, careless speech and impulsive actions. Insight Meditation exposing the subconscious, align with the gradual shift to a Middle Way appreciation which isn't critical or judgmental.

A collection of body, feelings, perception, mental reactions and conscious attention (the many giving the illusion of the 'one' or self), the full scope of self actor will be detailed later. But for now follow how you engage and become involved through ongoing habitual tendencies. The challenge is how you have expectations, react, and go on to struggle and suffer. The self actor craves, is attached, searches for comfort and ways to come out ahead. The present moment is entirely missed. Frustration sets in. Life, associations, experiences and loves don't have to be as one-sided or as limiting as made out to be. Settled and centered, ease into the physical relaxation and mental clarity that Insight Meditation affords.

When first sitting, a jabbering, active mind stands out. The unrest carries over from a long demanding day. Most people aren't used to taking a break or being quiet, but are actually unnerved by meditation and are anxious. Again this is normal, especially living in these hectic and unrelenting times. Life wasn't intended to be lived at full tilt. Take 5-7 deep breaths through the nose to settle down. Slowly feel the shift away from self-pressured motives to the sensitive awareness of Insight Meditation and the Middle Way appreciation. Used to impulsively acting out as a self-actor, life has been misunderstood.

The self actor grasps, craves and seeks out desire; avoids, dislikes, and gets angry when inconvenienced; and is worried and doubtful when confused. Acknowledge how desire emerges for pleasant situations. Yearning, one becomes attached and seeks to prolong the experience

or pursue further options. Disliking an encounter, frustration and anger set in. Neutral moments are found boring and the experience is tuned out. Acting out of self interest and falling into fulfilling a self-ideal, follow the shift away from and release of habitual tendencies. Acknowledge the interaction and communication between the body and mind as the self actor struggles with the moment. A desiring thought has the mind unsettled and body nervous, stomach agitated, heart rate up and breath short; a hateful thought and the mind is compressed and painful, the symptoms are headaches, a nervous stomach and suffocating breath; a confused thought is distracting, listless, worrisome or depressed.

Through Insight Meditation, nothing is taken for granted. Exposed is self actor role playing dominated by greed, hatred and confusion. Recognizing these tormenting extremes, follow the Middle Way approach as settling, clear-minded and understanding. Having a dual purpose and function, fulfillment as well as insight are known. Life is understood rather than impulsively reaction on.

Previously careless and neglectful, now through Insight Meditation discern how circumstances arise, fade, and change. Engaged in a Middle Way appreciation, understanding and insight stand out. Life doesn't just happen but has your input.

Recognized is the subconscious game playing involved as well as the demands of being a self actor. The inherent conceit and restlessness is a threefold delusion—the drive to uphold and pursue self-fulfilling desires, the drive for existence as being self-defined, driven by the misunderstanding or ignorance for not truly knowing life and reality. Following the Wisdom Matrix clarification rather than self-identification, a series of Conditions Arising interacting causes and effects joins and plays out as purposeful actions. Sensitive to the impermanence, the arising, fading away and cessation that characterize life, self-identification weakens.

A volcano analogy helps reveal how the subconscious and charged motives affect your life as dormant, active and transgressing habits.

Dormant—Habitual potentials persist as latent or deep-seated. The dormant stage is deceptive as greed, hatred and confusion aren't controlled but can erupt at anytime to wreck havoc. This is the subconscious level which Insight Meditation exposes and is penetrated. More than careless and impulsive, life is discerned through a Middle Way appreciation which isn't critical or judgmental.

Active—Greed, hatred or confusion surface as impulsive choices and potentials. The habitual volcano steams and vents at this point. Greed, hatred and confusion make themselves known though aren't yet acted on. Aware of the moment, renunciation and restraint are applied.

Transgressing—Here the self actor automatically reacts and the resulting consequences spill over as an upheaval of greed, hatred and confusion play out. Suffering, sorrow, lamentation, pain, grief and despair are the result.

A clenched-like muscle, gently allow the mind to open and expand. In gradual increments feel how a thought is released. Allow accumulated tension-filled habits to disperse rather than judge or become frustrated with the moment. Note how awareness broadens to a settled concentration and discernment. Recognize the divisiveness brought about by self-attachments. Follow the moment without judgment or criticism. Realize the open Middle Way appreciation and disengaging experience. Note the self-related tendencies to search, be busy or judge in contrast with the Middle Way reflection and intuitive awareness.

Acknowledge the shift from everyday impulsiveness to insight awareness; from neglect and carelessness to a settled and focused appreciation. Like viewing a painting in a museum, appreciate the overall picture, tone, details and quality of the breath, body, feelings, mind and life-actions. Presently focused, follow how feelings and sensations arise and then go on to fade. Note how the body relaxes and the mind settles down. Feel how the breath reflects the communication and interaction between the body and mind.

A personal recognition, realize not only the stressful self-related buildup but also its weakening and release. Acknowledge the settling spaciousness that meditation reveals as well as the detachment from self-promoted habits.

Aware of forming mental reactions, don't fight the thoughts, but rather note how the attention narrows around a thought impression. As a thought or impression stirs, notice how quickly judgments or bias form and are passed (desire for the pleasant, hatred for the unpleasant and painful, and confusion or doubt as carelessness and neglect for neutral experiences). Unaccustomed to settling down, it can be a challenge to deal with a rambling, uncooperative mind.

Wisely note how stress and anxiety arise through a self-focus. Follow the gradual shift to a Middle Way recognition that doesn't react, struggle or judge. Feel the flexibility and openness as the mind literally softens and relaxes as your self-fixation quiets down. A personal and intuitive recognition, settle into the meditation without a self-critical monologue. Feel what it is like not to be hurried, distracted or have an agenda, but rather a calm, clear and insightful awareness. The more hectic and demanding your life, the more blurred and distracted your attention is. The mind is conscious of an experience or condition while the body feels the moment. The two in turn flash, interact and communicate. Follow the arising and fading of body/mind interactions.

Insight Meditation is a revealing, personal recognition for how habits and impulses infiltrate to dominate life. The body relaxes, the mind settles and the jabbering voice inside the head quiets. Life's drama is put into perspective. The breath and breathing are so much more than an automatic reflex, but are an actual recognition of life and reality. Things don't have to be as one-sided, fretted over or as tormenting as made out to be.

Expressing a willingness to reflect and look deeper, meditation puts you in a position to understand life. Don't be in a hurry. Feel as channels of awareness and a sensitive appreciation for the body and mind are revealed. Meditation is a personal recognition. Sit relaxed and enjoy

the beneficial timeout. Once centered, longer revealing meditation sessions follow. After finishing, don't be in a hurry to get back to being busy. Acknowledge Insight Meditation's settling composure and the relief from a self-centered compulsion. The established tranquility and awareness carries over to all aspects of your life. Over time additional penetrating insights are experienced. Connected with the breath's recognition, wisdom as personal insight is engaged.

Wise Reflection as Personal Understanding

While early in his sojourn as a Bodhisattva (one committed to the realization of liberation), the Buddha realized the role of Wise Reflection as a necessary component to furthering insight and wisdom.

“The thought occurred to me, ‘Why do I, being subject myself to birth, seek what is likewise subject to birth? Being subject myself to aging...illness...death...sorrow...defilement, why do I seek what is likewise subject to ageing...illness...death...sorrow...defilement? What if I, being subject myself to birth, seeing the drawbacks of birth, were to seek the unborn, supreme security from bondage, Nirvana? What if I, being subject myself to aging...illness...death...sorrow...defilement, seeing the drawbacks of aging...illness...death...sorrow...defilement, were to seek the aging-less, illness-less, deathless, sorrow-less, supreme security from bondage, Nirvana?’” MN 26.

While questioning where his effort and practice had taken him, the then Bodhisattva recognized his wrong turn to realize the Middle Way Path (not dominated by desires nor engaged in punishing austerities). While discipline and control are crucial, punishing the body only leads to exhaustion without realizing the true source of the problem and suffering—a distracted and confused mind misunderstanding life. He turned to fathom his own self-obsession and the mind's crucial role—being careless or having Wise Reflection.

“I recalled once, when my father the Sakyan was working, and I was sitting in the cool shade of a rose-apple tree, then—quite secluded from sensuality, secluded from unskillful mental qualities—I entered and

remained in the first jhana [the Seclusion Absorption]: rapture and pleasure born from seclusion, accompanied by directed thought and evaluation. Could that be the path to Awakening?’ Then following on that memory came the realization: ‘That is the path to Awakening.’ I thought: ‘So why am I afraid of that pleasure that has nothing to do with sensuality, nothing to do with unskillful mental qualities?’ I thought: ‘I am no longer afraid of that pleasure that has nothing to do with sensuality, nothing to do with unskillful mental qualities...” MN 36.

Wisely Reflecting, the Buddha turned his attention, discernment and insight to recognize the Conditions Arising purposeful action cycle. He went on to realize the Wisdom Matrix clarification for Conditions Arising realization which Ven. Assaji shared with Sariputra:

**“Whatever phenomena [actions] there are that arise from a cause,
[The Buddha] has explained the cause;
And also that which is their cessation:
This is the teaching of the Great Monk.” Mv, 1,23,5.**

Begun as a general awareness, composure and tranquility, the awareness established through Insight Meditation now is directed as a deepening intuition and personal discernment. As a keen awareness and proper discernment, Wise Reflection expands as a revealing recognition to better know life and reality.

Conditions Arising doesn’t center and focus solely on an interconnectedness of all things as some people emphasize, but rather follows the how-and-why causal cycle leading to suffering. Penetrating the Wisdom Matrix clarification, the Buddha made known his realization to suffering’s end (the Four Noble Truths and the Middle Way Path to be detailed later). But it was Wise Reflection (*yoniso manasikara*) that “lead to a breakthrough wisdom.” SN 12, 10 (10). “I saw the Ancient Path...[the Middle Way] Noble Eightfold Path: Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Awareness, Wise Concentration...I have directly known aging and death, its origin, its cessation and the way to cessation.” SN 12:65.

Insight Meditation as a centered and grounded awareness, wise reflection goes on to discern how as a self actor one is dominated by desire, hatred and confusion, to realize the causes and effects as purposeful action leading to suffering as well as the way leading to liberation. A subconscious prattle has one dominated by impulsive habits giving way to careless behavior. Accident prone and mistaken, greed leads to yet greater desire, hatred to further outbursts, and a general carelessness as a misguided confusion. Through Wise Reflection as a practical awareness, life is put into proper perspective. A regular and dedicated effort, a clarified recognition for what is positive and wholesome as well as what is beneficial and unreasonable stands out. Your Wise Reflection discerns what is essential and what is not essential.

Acknowledge how a restless, stifling breath and self-absorbed thoughts flit about. Self-dominated antics have you reeling. Wisely Reflecting, follow as an intuitive awareness recognizes the subconscious Monkey Mind prattle (desire/craving, hatred/aversion, laziness/fatigue, restlessness/worry, and doubt/skepticism). Realizing a self-burdened anxiousness and confusion, follow a Middle Way appreciation not dominated by desires or hostilities. The ease, caring and equanimity established through Insight Meditation deepens as wise reflection. Follow how awareness actually brightens, opens and brings relief to your life.

Centered through meditation, feel the gentle and gradual settling as well as release from self-related distractions and pursuits to a refined mindfulness. Note how the mind moves away from yearning, searching, worries and doubts to a calm and discerning appreciation. Countering impulsiveness, meditation is a conscious reckoning. Insight outweighs materialistic gains and impulsive desires. Over-indulging in good times, food, drink or recreational drugs, Wise Reflection developed supports a simple, undemanding life. Note how the mind settles to a concentrated clarified recognition. You are either distracted, impulsive and careless or presently aware, intuitive, discerning and responsible. Equanimity stands out. Acknowledge how your attention changes, attention settles and the shift away from a self actor to a Middle Way appreciation.

Revealed are underlying dominating habits. Trying to do too much, worldly pursuits are like running non-stop on a treadmill, leaving you exhausted and confused. As incidents trigger greed, hatred or confusion, follow how the mind narrows, attention becomes impaired, and concentration blurs. Now wisely reflecting, a deepening recognition, composure and patience begin to direct your thoughts, speech, and actions.

Through the simple meditative connection for the breath's quality as well as for the body, feelings, mind and life-actions, life is appreciated and discerned. Not indulging or punishing, a Middle Way is followed. There is no judging, name-calling or fault finding, but a sober recognition. Directed away from habitual turmoil, note how the body and mind are impacted.

The present moment is settled, calm, focused and insightful. Joined as a Middle Way appreciation, a common sense approach reveals that not everything you are involved in is useful and of benefit. Presently engaged, an intuitive wisdom focuses to come to terms with life's challenges.

From Monkey Mind to Concentrated to Wisely Engaged

Monkey Mind

No sooner does one move to get out of bed and before the feet ever touch the floor, the mind begins to ramble on—what should be done, what needs to be done, and won't get done, and so on. You continually evaluate and calculate what is most promising for you. At work thoughts wander to think about something more entertaining or drift to a favorite fantasy. Anxious about having to do something one would rather not, a backlash starts up. Uncomfortable with certain situations and people, restlessness and a worried frustration disconnect you from the present moment. The self actor imagination runs amuck. At times closer to a wild, screeching monkey, the mind is easily distracted, provoked and reacts (even sleep is disturbed by dreams brought on by compulsive habits).

It isn't enough to be aware and calm, Insight Meditation reveals underlying motives—impulsively driven as a self actor or responsibly connected and having wise action. The Wisdom Matrix recognition for Conditions Arising as purposeful action defines life. Habitual tendencies are now accessible and reckoned with. Here the Monkey Mind is revealed (also referred to as hindrances—desire, hatred, laziness, restlessness and doubt), will be understood and tamed.

Now sitting to meditate, acknowledge relief through a settling body scan. Slowly the exhausting mental runaround begins to quiet down. Aware of the breath quality as rough, ongoing stressful activities are a burden. Notice how when first sitting the mind prattles on in a chattering frenzy. Recognize the breath's quality and the Monkey Mind dominating symptoms. Feel the gradual shift from everyday preoccupations to a settled Middle Way appreciation.

Through Insight Meditation you are aware, relaxed, settled, and unworried. The mind wanders, but is gently guided back to focus on the breath. Begin to notice how the mind strays when bored and concentration is compromised. Here the Monkey Mind distractions are known. Having patience, feel how the body calms down and the mind

settles. Without any demands, sense how self-pressured impulses begin to release. Follow the breath's quality and mental activity, from tense Monkey Mind bewilderment to a mindful attention. Used to being preoccupied and involved, the mind looks for action and stimulation to indulge a self-fantasy.

The role of Insight Meditation and the Middle Way appreciation follows as a direct wisdom experience for life without self-complications. As motives and intentions become clear, everything has its causes and outcome or consequences—self-inflicted or wisely engaged.

“Sensual desire is an obstacle, a hindrance that overwhelms awareness and weakens discernment. Ill will...sloth and drowsiness...restlessness and anxiety...uncertainty is an obstacle, a hindrance that overwhelms awareness and weakens discernment. These are the five obstacles, hindrances that overwhelm awareness and weaken discernment.” AN 5, 51

Desire/craving—What do I have to do to get a...Wouldn't it be nice to have...How about...What I wouldn't do for a ...I can't wait for...I don't want this, I want...What I really need is...Where is that special someone in my life?

Hatred/aversion—I don't want to...That's not for me...Get away from me...I hate you...You're wrong...I'm not doing that...You scare me...No way—never...I won't have any part of it...I don't like this...I don't trust you.

Laziness/fatigue—I just don't know what to do any more...I've tried everything and it's always the same...It can wait until tomorrow...What's the use...It's not going to matter anyway...No big deal...I'm tired...I need a break.

Restlessness/worry—I can't sit and meditate...It doesn't feel right unless I'm busy...There's always something that needs to get done...I don't know why I did it—I just had to...That's just the way I am...I can't help myself.

Doubt/skepticism—I can't do it...I was never any good...I'm not sure...It's better if I don't...What difference will it make...What can I do about it...This is the way it's always been.

Does any of this sound like someone you know? Shaking your head and a little too close for comfort, it sounds a lot like yourself! Who is in control—you or the Monkey Mind?

Calmed and settled after a body-scan, aware of the communication between the body and mind, feel the unsettling and distraction. A non-stop echoing voice, the mind screeches as though on fast forward. A blur of impulses, associations, and memories blend together. Awareness and concentration lapse, the present becomes an overwhelming experience. Hearing and acknowledging the inner subconscious voice is important. Unaware and acting on dominating habits, previously life occurred haphazardly. You are now presently engaged to understand—don't be hard on yourself. There are few people whose attention is controlled. Ironically, most people have an actual suspicion and fear of being quiet and focused as it just doesn't feel 'right or natural.' Occupied and pushed to the limit, action gives a false sense of being alive. Meditation is a pause and break from the demanding, non-stop runaround.

Acknowledge the breath's quality as well as physical and mental states. Through a present awareness, note if you are acting out of habit or are clear minded; distracted or relaxed through an open-flowing awareness. Reflecting a basic uneasiness, connect with physical pressures and mental stress. Feel the gnawing stress. Sense the deeper strains and affects of the Monkey Mind. These are the hindrances of desire, hatred, laziness, restlessness and doubt. Simply follow how the mind flits about and preoccupies itself. Like a radio station not properly tuned in, the present moment is distorted and unclear. A self actor domination, life is a confused and high-pressured struggle.

A spinning top-like, self-associated habits are dizzying and exhausting. Don't struggle with the moment, but acknowledge the breath's quality.

Slowly allow the built up habit energies to disperse. Breathe, relax, and release these subtle disturbances. Clear-minded concentration isn't forced, but a centered Middle Way approach is followed as a personal intuition. Toning down to a tolerable whisper rather than a self-impinging cacophony, note the shift from distracted to aware. Connect with the grounded familiar areas of the body (and the breath), feelings, mind and life-actions as a present awareness.

Separating from the Monkey Mind distractions to a patient and composed awareness, a Middle Way intuitive appreciation is known.

Boredom

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Carelessness and inattentiveness are experienced;**
- **Through the diverse conditions and actions of carelessness and inattentiveness arising, boredom arises;**
- **With carelessness and inattention ceasing, boredom cease;**
- **And a Middle Way appreciation is followed.**

Easily distracted and impatient, when a moment or experience, isn't gratifying or satisfying, the mind drifts off bored. Boredom is sneaky in how fickle the mind is and how easily it is sidetracked. The self-absorbed mind is anything but stable and secure as it wanders and reacts. How many times while talking face-to-face with someone does the mind wander off to think about another person, fantasize about being someplace else, or doing something different?

Less menacing and tuned out, boredom is a low-level version of hatred as judgment. Begin by acknowledging how boredom sneaks up to sidetrack you. Cutting vegetables, driving along or even during an intimate moment, boredom escalates to a full-frenzied Monkey Mind

distraction. Tapping a foot, whistling a tune, rolling eyes, scratching one's head, clucking the tongue or yawning—all are signs of boredom.

The key to dealing with the Monkey Mind hindrances is to realize how boredom strikes and leads you away from the present. Once off guard the attention drifts and the Monkey Mind as a subconscious impulse takes over. Although boredom is the first instance in concentration's breakdown, the specific five distractions (desire, hatred, laziness, restlessness, and doubt) reflect a deeper self-obsessed domination. With attention blurred, one is unable to understand clearly or act reasonably. Being distracted is like using smudged eyeglasses. Life and reality are distorted. Boredom and carelessness take over.

Feel as one's attention and awareness drift off. Out of habit, the mind searches to be active, for something interesting, complimentary and engaging. Craving, imagination and desire stimulate boredom. Lost in a fantasized fog, note a light headedness as the mind drifts off. A daydreaming-like mist compromises awareness. Follow how the attention wanes and the breath constricts as pressure-filled thoughts take over. Note the accompanying physical stress and mental strain.

Become acquainted with the impressions and disguised boredom. A fearful experience is a discomfort and preference to be someplace else, a dull moment and the mind begins daydreaming. As a side-tracked fantasy, acknowledge how boredom sets in. Relate to the physical tension and mental upheaval caused by boredom.

Settled and centered on the breath's quality, acknowledge how boredom plays out. Like a puppy pulling hard on a leash, note how the mind runs away. Simply direct your awareness back to the breath. Observe how the body reacts and tenses up. The Middle Way appreciation isn't critical or judgmental. Simply follow how the mind contracts when bored. Settling deeper into the meditation, distinguish the mind's range and capacity. Patiently guide the mind back from the disruption to follow the breath.

Wants, needs, lust, hatred, likes, dislikes and confusion make for an unsettled life. Meditation reveals how subconscious habitually tied experiences compel one to act out. At this time in meditation the thought moment is identified, but as concentration and insight mature, realized is how subconscious hampers and dominates your life. The Monkey Mind's frenzy stands out.

Note how the Monkey Mind distractions take over and are a burden. Starting at the head and working down, relax the facial muscles (forehead, eyes, jaw and mouth). Feel as the pressure over the cranium literally softens. Moving slowly along, relax and allow the all-consuming Monkey Mind energy to dissipate as self-preoccupation weakens. Boredom is really a self-deluded reaction. Feel as habitual energies and impulses dissipate.

As a Middle Way appreciation removed from gratification and aggression, note how as a conscious attention the mind opens and expands. Observe the passing thoughts without judgment or criticism. A present awareness for the body, feelings, mind and life-actions deepens.

The Wandering Mind (Sense Desire)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Wandering Mind is experienced;**
- **Through the diverse conditions and actions of boredom and carelessness arising, the Wandering Mind arises;**
- **With boredom and carelessness ceasing, the Wandering Mind ceases;**
- **And a Middle Way appreciation is followed.**

Listen to the Wandering Mind—desiring, lustful, needy and craving. If only I could...just a little more...I deserve this...If they can, why not me...It's my turn to enjoy. The breath is labored and the mind pulses with thoughts. Classically referred to as so many bright colors gleaming and reflecting on a watery surface, the desiring mind's attention flutters

and follows after enticing and alluring possibilities while the body is in an aroused state.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Wandering Mind as desire. Settling and centered through Insight Meditation, note how the body and mind respond—body charged and attention disturbed and unsettled. Acknowledge how the Wandering Mind is overwhelming.

Craving change, seeking something more attractive and attention grabbing, follow how the Wandering Mind begins. Bored, one would rather be somewhere else or do something else. Now centered and settled, ease deeper into the meditation. Note how the body and mind respond to desire—physically stimulated while the mind actively seeks gratification.

Acknowledge how boredom strikes. Believing that desire is normal, desire has actually been conditioned through a false sense of self-identification. From having favorite colors to not getting by without that special something or having emotional preferences, desire and craving are a self-indulgence. Now settled and centered, ease deeper into the meditation to note how the body and mind respond to desire—the body tense and attention narrowing.

Feel how concentration narrows and contracts. Scratching one's head, casting an eye and looking around, or humming a tune, the mind searches and is at play. Ever so deceptively, a compromised focus is disabling as a Monkey Mind attention flits about. Be patient. Follow the breath's quality and acknowledge how the body is excited and the breath sputters in short, tense gasps.

Acknowledge the Wisdom Matrix for purposeful actions. Follow how desire arises as a bored distraction. Connected with the breath as a present awareness weakens, the Monkey Mind subsides. A Middle Way appreciation stands out that isn't indulging or aggressive. Gradually release the self-absorbed identification. Note the desiring

dialogue blurring the present and leading you away as a habitual reaction.

The fallout from desire is that it is unrelenting. It is the itch that can't be stopped from scratching. Desire needs more or something more alluring as it feeds on itself. Bored and distracted, the Monkey Mind leaves one reeling and searching. Seemingly harmless, you are deceived into thinking that it is all right to desire. After all, what is wrong with having some fun? The draw back is that desire gains momentum until all control is lost. Like a child in a toy store, the excitement is too much. The self actor is careless and unable to cope.

Even meditation can be a desire as a certain outcome is expected. A special teacher or 'enlightenment' is sought. All of this is desire. Feel how craving festers as an unhappiness. Fantasy, infatuation and seduction are the characteristics of desire. In the short term, desire is like an enjoyable vacation. But at some point you have to wake-up as problems and conflicts arise. Like playing musical chairs, when the desire runs its course you are left standing alone.

Presently connected, acknowledge desire's unsettling affect. Feel how the breath is tight with anticipation. Note, too, how the mind narrows and searches. Following the breath, sense the facial muscles, chest and abdominal pressures. Gently release desire's unsettling affects. Note how the mind is no longer bored or provoked. Sense the steadiness, reassurance and composure connected with the Middle Way appreciation.

Through meditation's composure the Wandering Mind is disengaged. Feel as the breath settles. Note how the body relaxes and the mind goes on to quiet down. Habits dispersing, feel how desire frees up. Tranquility is known. The Wandering Mind settles. Insight Meditation and the Middle Way direct you to a wholesome and wise experience. Realized is what is detrimental and beneficial. You don't have to believe the self actor. The Wandering Mind slowly settles to a present clarity. A personal intuition and understanding emerges as a Wise Reflection for life.

The Whining Mind (Ill-will and Aversion)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Whining Mind is experienced;**
- **Through the diverse conditions and actions of boredom and carelessness arising, the Whining Mind arises;**
- **With boredom and carelessness ceasing, the Whining Mind ceases;**
- **And a Middle Way appreciation is followed.**

Listen to the Whining Mind—hateful, judging, disturbed, critical, averse and biased. I don't like this...This isn't right...Gosh, that's ugly...How stupid...What good is this...I don't want to. The Whining Mind takes an innocent situation or experience and turns it into a judgment, projected hostility, and personal conflict. The breath is tight and restricted while the mind seems heavy and pained. Classically referred to as boiling water, ill-will along with aversion, hatred and anger, the body becomes flushed and hot (eyes bugging out, heart racing and head pounding) while the mind froths and vents with dislike. Concentration and composure are abandoned.

Distracted by aversion, unable to cope and seeking to flee, fear, uncertainty as well as insecurity are compromising. Nothing goes right and anger makes everything wrong. Feel the resistance and recoil both physically and mentally as the moment is viewed as a threat. But things are rarely as bad and one-sided as they are made out to be. The Whining Mind gets the better of you.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Whining Mind as aversion. Settling and centered through Insight Meditation, note how the body and mind respond—body charged, attention on alert and unsettled. Acknowledge how the Whining Mind is overwhelming.

Notice how boredom creeps in as a catalyst, triggering the Whining Mind as critical, frustrated, angry, disgruntled, malcontent, indignant and defensive. Acknowledge how boredom strikes. Believing that anger is normal, anger has actually been conditioned through a false sense of self-identification. Now settled and centered, ease deeper into the meditation to note how the body and mind respond to hatred—the body tense and attention narrowing.

From having certain dislikes to being short-tempered, ill-will and aversion reflect a self-centered domination. You would be amazed how many times a day things are complained about, disliked, criticized, judgment passed, and dismissed. Every few seconds the Whining Mind sounds off. Every bit as deceptive as desire, the final outcome of the Whining Mind leads to frustration, outrage, and unhappiness.

Acknowledge how the Whining Mind springs up when encountering disturbing and challenging experiences. The present moment becomes a battle ground. Frowned upon is anyone or anything that gets in one's way. But where did these harsh thoughts come from? Unaware and sidetracked, anger and hatred aren't the culprits so much as how boredom and the Monkey Mind fickleness lead to being distracted. Acknowledge the Wisdom Matrix for purposeful actions. Note how hatred arises as a distraction. Following the breath's quality as a present awareness, the Monkey Mind subsides. A Middle Way appreciation stands out that isn't indulging or aggressive.

The Whining Mind is a defense mechanism. Feel how the breath is labored while tension increases at the forehead. Temples pounding, mouth dry, a constricting pressure at the chest, stomach sour, while blood pressure and pulse rate soar. Like painful electric shocks, acknowledge how detrimental anger is to your well being. Anxious and out of control, the self actor feels threatened, insecure and unsettled. Follow the breath's quality and how the body recoils as the breath sputters in short, tense gasps. Acknowledge the Wisdom Matrix for purposeful actions. Follow how hatred arises as a bored distraction. Connected with the breath as a present awareness weakens, the Monkey Mind subsides. A Middle Way appreciation stands out that isn't

indulging or aggressive. Gradually release the self-absorbed identification. Note the hateful dialogue blurring the present and leading you away as habitual reactions.

Presently connected, acknowledge anger's unsettling affect. Feel how the breath is tight with anticipation. Following the breath, sense the facial muscles, chest and abdominal pressures. Gently release hatred's unsettling affects. Note how the mind is no longer bored or provoked. Sense the steadiness, reassurance and composure connected with the Middle Way appreciation.

Through meditation's composure the Whining Mind is disengaged. Feel as the breath settles. Note how the body relaxes and the mind goes on to quiet down. Habits dispersing, feel how desire frees up. Tranquility is known. The Whining Mind settles. Insight Meditation and the Middle Way direct you to a wholesome and wise experience. Realized is what is detrimental and beneficial. You don't have to believe the self actor. The Whining Mind slowly settles to a present clarity. A personal intuition and understanding emerges as a Wise Reflection for life.

The Sluggish Mind (Laziness and Fatigue)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Sluggish Mind is experienced;**
- **Through the diverse conditions and actions of boredom and carelessness arising, the Sluggish Mind arises;**
- **With boredom and carelessness ceasing, the Sluggish Mind ceases;**
- **And a Middle Way appreciation is followed.**

Listen to the Sluggish Mind—It can wait...What's the hurry...There's always later...What's the difference...I've done enough...I don't want to be bothered...Not just now....It's not the right time...I'm tired. There is always an excuse. The breath is heavy and labored and the mind dull and slow. Classically referred to as water covered over by moss,

stagnant and not circulating, the Sluggish Mind is unclear, hazy and distorted. Lethargic and unable to move, depression and dullness set in. Reality is distant. Like children who dawdle rather than do something that they are told to do, laziness and fatigue are often an escape from life's demands. The self actor is very good at denial and deception.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Sluggish Mind as depression. Settling and centered through Insight Meditation, note how the body and mind respond—body charged and attention distorted and unsettled. Acknowledge how the Sluggish Mind is overwhelming.

Feel how the mind narrows and contracts. In this fast-paced world it is easy to be overwhelmed. Expectations are high and demands are higher. A feeling of helplessness sets in. Acknowledge how boredom strikes. Believing that apathy is normal, apathy has actually been conditioned through a false sense of self-identification. Now settled and centered, ease deeper into the meditation to note how the body and mind respond to apathy—the body tense and attention narrowing.

Sense how the breath tightens to the point of hyperventilation and suffocation. Note how the mind contracts and 'freezes up.' Overwhelmed by responsibilities and endless dealings, exhausted, trapped and confused, the Sluggish Mind is like an ostrich wanting to bury its head in the sand. The present moment is lost sight of. Disabled by the Monkey Mind, ever so deceptively one's focus is compromised and blurred.

Dullness gives way to weariness, weariness to laziness and procrastination as a disconnect from the present. Heavy, slow and plodding, feel the Sluggish Mind's burden. Apathy leads to exhaustion and indecisiveness. The body is numb while the mind is unclear and unable to focus. Now gently guide your awareness. Allow the breath to relax. Self-related stress is stagnating. Note the shift of passing energy giving way to a Middle Way appreciation unfolds.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Sluggish Minds as apathy. Settling and centered through Insight Meditation, note how the body and mind respond—body charged and attention disturbed and unsettled. Acknowledge how the Sluggish Mind is overwhelming.

Follow the breath's quality and present mental state. Feel as fatigue begins to lift. Patience and goodwill emerge. As the Sluggish Mind weakens, sense the steadiness, reassurance and composure connected with the Middle Way appreciation.

Presently connected, acknowledge apathy's unsettling affect. Feel how the breath is tight with anticipation. Note, too, how the mind narrows and searches. Following the breath, sense the facial muscles, chest and abdominal pressures. Gently release apathy's unsettling affects. Note how the mind is no longer bored or provoked. Sense the steadiness, reassurance and composure connected with the Middle Way appreciation.

Through meditation's composure the Sluggish Mind is disengaged. Feel as the breath settles. Note how the body relaxes and the mind goes on to quiet down. Habits dispersing, feel how desire frees up. Tranquility is known. The Sluggish Mind settles. Insight Meditation and the Middle Way direct you to a wholesome and wise experience. Realized is what is detrimental and beneficial. You don't have to believe the self actor. The Sluggish Mind ever so slowly settles down to a present clarity. A personal intuition and understanding emerges as a Wise Reflection for life.

The Black Cloud Mind (Restlessness and Remorse)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Black Cloud Mind is experienced;**
- **Through the diverse conditions and actions of boredom and carelessness arising, the Black Cloud Mind arises;**

- **With boredom and carelessness ceasing, the Wandering Mind ceases;**
- **And a Middle Way appreciation is followed.**

Listen to the Black Cloud Mind—I just can't cope anymore...I try, but always fail...It's just who I am...I don't have time...I'm too busy...I would if I could. Classically referred to as water churned up by strong winds, restlessness and worry whip one into an agitated, nervous and disturbed frenzy. Breathing is constricted while the mind is rigid and dark.

Worried and unsure, nervous and irritable, there is an attitude of negativity and gloom hanging over everything and how you communicate. Unsteady, quick-firing thoughts compromise the mind. The Black Cloud Mind is a symptom of a busy life, being overwhelmed, unsettled, anxious and insecure. Habits impulsively project anxiety. The world is perceived as hostile and meditation becomes a restless challenge.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Black Cloud Mind as depression. Settling and centered through Insight Meditation, note how the body and mind respond to negativity—body charged and attention wandering and unsettled. Acknowledge how the Black Cloud Mind is overwhelming.

How would you treat a nervous guest? Welcome the uneasiness, anxiety or stress as a friend. Don't fight or get caught up by the unsettling. Take 5-7 deep breaths through the nose to ease the tension. Be accepting of the moment and when you aren't at your best. Smile through the Black Cloud Mind. Don't look at the big picture, but simply connect with the breath's quality and the pressured symptoms arising.

Acknowledge how boredom strikes. Believing that anxiousness is normal, anxiety has actually been conditioned through a false sense of self-identification. Now settled and centered, ease deeper into the meditation to note how the body and mind respond to anxiety—the body

tense and attention narrowing. Restlessness requires gentleness and understanding. Feel where you are resisting. Allow the negative energy to disperse and release rather than struggle with it.

Presently connected, acknowledge desire's unsettling affect. Feel how the breath is tight with anticipation. Note, too, how the mind narrows and searches. Following the breath, sense the facial muscles, chest and abdominal pressures. Gently release negativity's unsettling affects. Note how the mind is no longer bored or provoked. Sense the steadiness, reassurance and composure connected with the Middle Way appreciation.

Through meditation's composure the Black Cloud Mind is disengaged. Feel as the breath settles. Note how the body relaxes and the mind goes on to quiet down. Habits dispersing, feel how desire frees up. Tranquility is known. The Black Cloud Mind settles. Insight Meditation and the Middle Way direct you to a wholesome and wise experience. Realized is what is detrimental and beneficial. You don't have to believe the self actor. The Black Cloud Mind ever settles down to a present clarity. A personal intuition and understanding emerges as a Wise Reflection for life.

The Quicksand Mind (Skeptical Doubt)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Quicksand Mind is experienced;**
- **Through the diverse conditions and actions of boredom and carelessness arising, the Quicksand Mind arises;**
- **With boredom and carelessness ceasing, the Quicksand Mind ceases;**
- **And a Middle Way appreciation is followed.**

Listen to the Quicksand Mind—It's happening all over again...I can't do it...I give up...Everyone can but me...I try but it doesn't work...It just wasn't meant to be. Classically referred to as thick, gooey and sludge-like, skeptical doubt makes a wasteland of your life. Breathing labored,

the body is tense and mind inflexible. Frightened and insecure, the present is in question and an uncertain experience. Doubt is undermining. Life seems remote, unfriendly, overwhelming and hopeless. Nothing is right. Apprehensive, a self-imposed wedge separates you from the world.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Quick Sand Mind as depression. Settling and centered through Insight Meditation, note how the body and mind—body charged and attention questioning and unsettled. Acknowledge how the Quicksand Mind is overwhelming.

Acknowledge how boredom strikes. Believing that doubt is normal, doubt has actually been conditioned through a false sense of self-identification. Now centered and settled, ease deeper into the meditation and note how the body and mind respond to doubt—heavy yet sharp and painful, one's attention is drawn and collapses painfully.

The Quicksand Mind is potentially the most challenging and threatening distraction because as a compromising gloom it leads to out of control despair. Unrealistic expectations are a trap and potentially stop one from meditating all together. Unable to see beyond imagined insecurities, the body is tense and mind closes. Paralyzed by indecision, one becomes withdrawn, unable to commit to or complete anything. An out of control imagination runs one in circles. The Quicksand Mind makes things appear worse than they are.

Acknowledge the fear and nervousness reflected as a shallow strained-respiration. Note the tension at the forehead and temples while licking dry lips. The stomach is jumpy as anxious thoughts flash. Doubts plays out as a seasick-like feeling, woozy, off balance and uncertain. Headaches, eyes-strain, migraines, stomach symptoms, back and pelvic problems, begin to relax the many pressure points. Relaxing the jaw, facial muscles stretch. Dropping the shoulders relaxes the back. Allow abdominal and pelvic muscles to soften. Begin to sense the shift from everyday tension to a mindful meditation. Note how the flashing thoughts and doubt weigh heavily on you. Follow how consciousness

narrows to a self-afflicted worry. Breathe naturally to relax self-resistance. Gently allow your attention to expand and the habitual buildup to disperse.

Following the Wisdom Matrix for purposeful action, notice how boredom creeps in as a catalyst for the Quicksand Mind as doubt. Settling and centered through Insight Meditation, note how the body and mind respond—body charged and attention disturbed and unsettled. Acknowledge how the Quicksand Mind is overwhelming.

Presently connected, acknowledge desire's unsettling affect. Feel how the breath is tight with anticipation. Note, too, how the mind narrows and searches. Following the breath, sense the facial muscles, chest and abdominal pressures. Gently release doubt's unsettling affects. Note how the mind is no longer bored or provoked. Sense the steadiness, reassurance and composure connected with the Middle Way appreciation.

Through meditation's composure the Quicksand Mind is disengaged. Feel as the breath settles. Note how the body relaxes and the mind goes on to quiet down. Habits dispersing, feel how desire frees up. Tranquility is known. The Quicksand Mind settles. Insight Meditation and the Middle Way direct you to a wholesome and wise experience. Realized is what is detrimental and beneficial. You don't have to believe the self actor. The Quicksand Mind slowly settles to a present clarity. A personal intuition and understanding emerges as a Wise Reflection for life.

Awareness Focusing as Concentration (Initial Contact, Sustained Contact, Interest, 'Joy,' and One-Pointed Clarity)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Insight Meditation awareness is experienced;**

- **Through the diverse conditions and actions of Insight Meditation awareness arising, Awareness Focusing as concentration arises,**
- **With Awareness Focusing as concentration arising, One-Pointed concentration arise;**
- **And a Middle Way appreciation is followed.**

Whether thinking, looking at something or simply engaged in an experience, awareness and attention are applied to the moment. Unfortunately, experiences are taken for granted and boredom arises, turning into a careless Monkey Mind confusion. Though seemingly technical, Awareness Focusing as concentration (Initial Contact, Sustained Contact, Interest, 'Joy' and One-Pointed Clarity) works as a deepening meditative concentration taming the Monkey Mind and bringing understanding to life. In five quick flashing sequences, the mind focuses. The Wisdom Matrix discernment clarifies the actions as conditions that attract, draw you in and make for conscious attention. Awareness Focusing as concentration is applied and followed. Learning how the mind functions helps to realize how one's attention is engaged and affected. The mind seems to focus instantaneously, but Insight Meditation slows the process down.

Settled and centered through a body scan, begin to note how awareness converges. For this example, imagine an ant crawling on your arm. At first the small bug isn't felt. Then a sensation tingles and awareness perks up, responds and turns to a present curiosity. Initial Contact takes place as an awareness for this first contacted instance. Here the attention is vague and not yet focused. Note how the breath is heavy and labored as the mind turns toward the tingling action.

Connected with the present, though not yet fully realized, feel how one's attention begins to be absorbed. From passive to stimulated to alert then to conscious, follow how the mind is contacted, contracts and focuses. Drawing in a breath, awareness then turns towards the sensation.

Initial Contact gives way to a Sustained Contact attention. Provoked by the ant, the focus is now keenly on the crawling sensation on the skin. Though not yet looking over to see what it is, at this point curiosity is stimulated. Sustained Contact is the mind turning to identify the subject-action. Note how the breath tenses slightly while the mind narrows as a Sustained Contact absorption.

Continuing with the Awareness Focusing as concentration, contacted attention gives way to true 'Interest' for the action sensation. Here the thought as recognition forms, but has not yet quite absorbed to a full conscious recognition. Note how the breath tenses in applied 'Interest.' The mind responds to bear down on the subject, breath contracting and attention occupied to identify the action.

At this instance the external ant action reflects a simple focus without any projected Monkey Mind interference. Meditative composure as a present awareness follows the breath and mental subtleties. Feel how the mind flexes to concentrate. At this point, the self actor hasn't emerged to take charge and be afflicted by Monkey Mind disturbances.

Following Awareness Focusing, Interest gives way to 'Joy' (though in the case of an ant it may not exactly be joyful). 'Joy' refers to the attention turning as realized and cognizant. It is a 'Joy' to know and be aware of the present as one's attention in this case joins with the ant experience. 'Joy' is the recognition before actually making a decision or engaging in impulsive reactions. Acknowledge how the breath is held and pauses briefly before the instance of identification and judgment.

'Joy' gives way to One-Pointed Clarity or concentration forming to engage and register the crawling ant instance. Before giving way to any self-reactions, the attention is absorbed in watching the crawling ant (neither boredom or a self-projection have emerged). The breath exhales slightly as the mind focuses to connect with the ant.

Realized are the causes and effects forming as concentration to a clarified awareness. Insight Meditation is an intuitive and personal experience to relate better to life. No longer a victim of impulsive habits,

the Monkey Mind is controlled and tamed. You may now blow the imaginary ant off your arm! Take a few deep breaths and relax for a moment.

As you become better practiced in Awareness Focusing as concentration, each attentive link goes on to block and subdue a particular Monkey Mind distraction: Initial Contact shuts out laziness and fatigue; Sustained Contact subdues doubt; Interest subdues ill-will; 'Joy' overcomes restlessness and worry; and One-Pointed Clarity counters sensual desire. Through the Awareness Focusing technique and practice a scattered, haphazard attention clears and sharpens.

Another useful analogy of Awareness Focusing is to imagine unlocking a door in the dark. Initial Contact is groping to find the door knob, Sustained Contact occurs as a hand passes over to touch the door knob, Interest is recognizing and keeping a hand on the door knob, 'Joy' is the identification going on to bring out the key with the other hand, and One-Pointed Clarity is used to concentrate and insert the key in the darkness to unlock the door. Like a mime slowly moving through his routine, the break down through Awareness Focusing serves to show how the mind is absorbed and engages.

Bringing the Monkey Mind under control, awareness absorbs as 'neighborhood concentration' (access concentration), an unobstructed, unwavering and one-pointed concentration realizing life and reality without self-projected complications.

The Monkey Mind is controlled, but concentration isn't deep or long lasting. This is like an infant learning to walk. Focus still has moments of wobbliness and inattentiveness, but awareness slowly becomes sharper and undisturbed. Feel the relief and sense of unburdening that is part of having a clear attention. Realize how self-associated antics handicap your life.

Now apply your undistracted concentration as an Insight Meditation experience and Wisdom Matrix clarification. Sit as you normally would for meditation but in this instance apply the Awareness Focusing

technique. The subject most often used during meditation is the breath, but you may choose to focus on anything. Some people follow the movement of the lower abdomen. Also try following the bellows-like effect of the diaphragm and lungs working with each breath. There is also the heart if you are able to note the sensitive beating and rhythm. Follow how direct attention concentrates and clears away self-absorbed confusion.

Breathing, Initial Contact can either be feeling the air as it enters through the nostrils or the lungs drawing in the breath; Sustained Contact is the air passing through the nostrils or filling the lungs; Interest is that pause between the in-and-out breath; 'Joy' is the engaged awareness for the breath as an action recognition; and One-Pointed Clarity is the attention as receptive and absorbed in the breath's full course. The self actor and run away Monkey Mind are subdued. The Wisdom Matrix reveals and clarifies subconscious causes and effects as a past to present to future purposeful action sequence.

Yet boredom can strike with any unguarded moment and the Monkey Mind disturbances compromise as a self-distracted reaction. Now apply Awareness Focusing to any distracting thought that flares up during meditation. Feel as the thought first comes to mind as an Initial Contacted pressure; Sustained Contact is the thought continuing and becoming stronger; Interest is the thought identified; 'Joy' is engaging in the preoccupying thought; and having One-Pointed Clarity is having the awareness to dismiss, release or redirect the thought. Feel the shift from the distracted Monkey Mind to a Middle Way appreciation, patience and personal intuition.

Awareness Focusing can be applied to all activities. While you are sweeping the kitchen for example—Initial Contact is picking up the broom and holding it in your hands; Sustained Contact is positioning yourself to sweep; Interest is required in the act to sweep; 'Joy' is knowingly starting the sweeping action; and having One-Pointed Clarity is carrying out the chore totally aware of what you are doing.

The Fickle Mind

Recognize how fickle the mind and attention are. Apply Wise Reflection. Observe yourself and recognize how the Monkey Mind springs up. Stressed or anxious, is the Whining Mind dominating? Are responsibilities and multi-tasking confusing you, the Quicksand Mind coming out? Does the Black Cloud Mind make situations more challenging than they actually are? Why am I acting this way? Why am I thinking these thoughts? Where are my motives leading me? What have I gotten myself into? Identifying and knowing these mental states is crucial to overcoming the Monkey Mind distractions.

Insight Meditation settles you to engage in a personal understanding of life. Wisely Reflect and be aware. More than haphazard, being impulsive and careless—realize your present intentions. Monitor the breath's quality, body, feelings, mind as well as life-actions. Awareness gradually strengthens to a personal discernment. Acknowledge how the Monkey Mind first flares up through boredom.

Recognize the urgent pressure motives exert (the subconscious thought before actually acting out). If you are simply walking, be aware that you are walking rather than distracted. Know the present moment and the ongoing underlying mental dialogue absorbing you.

Apply Awareness Focusing as concentration (Initial Contact, Sustained Contact, Interest, 'Joy' and One-Pointed Clarity). Acknowledge how the mind focuses. Recognize the intentions driving impulsive habits. Note how the mind works and concentrates. Acknowledge what it is like to disengage from self-obsessed bewilderment and impulsiveness to a clear-minded realization. Connected through a Middle Way appreciation, distractions settle and attention centers to a One-Pointed Clarity (moving away from self-extremes for indulgence and gratification or hostility and aggression). Note the tranquil, quiet joy as relief comes from subduing and controlling the Monkey Mind. The breath quality, body, feelings, mind and life-actions are personally revealing experiences. Insight Meditation and the Middle Way are an intuitive recognition, healing and transformation.

Having long standing problems with a specific Monkey Mind distraction, make the extra effort to be aware how the body and mind are affected. Note the boredom, resistance and carelessness you have towards certain situations or people. Multi-tasking may occur at the work place, but it is counter productive in one's personal life and meditative experience. Be in the present moment to discern your thoughts, speech and actions. The Monkey Mind is curtailed through a Middle Way appreciation. Be patient and understanding. There is a choice between self impulsive and subconscious absent-minded behavior, and a wisely engaged intuitive recognition. Be wise.

The Subconscious

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Awareness as Wise Reflection is experienced;**
- **Through the diverse conditions and actions of awareness as Wise Reflection arising, subconscious realization arises;**
- **With subconscious realization arising, insight recognition for intentions arises;**
- **And a Middle Way appreciation is followed.**

Self-obsessed, there is an ongoing attachment for the body, feelings, perceptions, mental formations and conscious attention. As Insight Meditation exposes subconscious conditions, each person deals with his or her own weaknesses, short comings and challenges. In turn from this one-sided self-obsession, self-promoted actions follow: desire is an unsettling run around, hatred as anger or aversion is upsetting, while confusion and doubt are a bewildering insecurity.

An ongoing stream-of-conscious dialogue flashes generating self-fabricated intentions (a velocity much faster than the speed of light, the time duration of one thought-moment is faster than the one-millionth part of time in a flash of lightening!). While meditating the thought moment is identified, but as concentration and insight settle and mature, recognize how the subconscious intentions of greed, hatred and confusion play out and compromise life. The disabling Monkey Mind frenzy takes over. Chaotic thoughts and eradicate behavior ensue.

The busier one is, the more unsettled and impulsive one becomes. Insight Meditation is calming while revealing the interaction of the Wisdom Matrix causes and effects.

Only by being presently connected and practically aware is one helped. Worldly pursuits are like running on a non-stop tread mill, leaving you exhausted and confused. As incidents trigger greed, hatred or confusion, feel how the mind narrows and one's attention is compromised. Settling, centered, and patient, connect with the Insight Meditation experience and follow a Middle Way appreciation.

Observe how a self-absorbed attention is fast paced, anxious and deceptive. Meditation allows for personal intuition and understanding. One is either careless or presently engaged. Revealed are how underlying motives and careless habitual responses drive you as a self actor.

Stronger and more intense than the Monkey Mind distractions and the casual break down in concentration, the Three Poisons as habitual forces (greed, hatred and confusion) lead one to suffering. Surfacing as stress-filled impulses, greed is a frenzied temptation, hatred boils as aggression when inconvenienced or challenged, and confusion is a dizzying uncertainty for life.

A volcano analogy helps reveal how motives affect life—dormant, active and transgressing.

Dormant—Habit potentials persist as latent or deep-seated. The dormant stage is deceptive as greed, hatred or confusion aren't controlled and can erupt at anytime to wreck havoc. This is the subconscious level which Insight Meditation exposes and the Wisdom Matrix clarifies. More than careless and impulsive, life is discerned through a Middle Way appreciation which isn't critical or judgmental.

Active—Greed, hatred or confusion surface as choices and potentials. The habitual volcano steams and vents at this point. The Three

Poisons make themselves known though aren't yet acted on. Aware of the moment, renunciation and restraint are applied.

Transgressing—Here the self actor reacts automatically and the resulting consequences spill over as an erupting greedy, hated and confused upheaval. Sorrow, lamentation, pain, grief and despair are the suffering results.

Follow greed's gripping tension as a thrilling and unsettling pursuit. Note how desire restricts and affects one's breathing (facial muscles taut, jaw clenched and the strain over the eyelids and around the eyes while abdominal and pelvic muscles tense up). Feel the distracting upheaval. Acknowledge the stressful buildup but also the relaxing and dispersing of desire through a Middle Way discernment and relevance without self-intrusion.

Hatred is like a turbulent storm—frustrating, anger-filled and outraged. Feel how the hateful turmoil affects the body. The heart pounds, head throbs, and breathing is labored, blood pressure up and adrenaline is overwhelming. Centered and aware, note hatred's harsh affects. Relax. Feel how self-reactions, habits, behavior, and distractions surge forward. Acknowledge the extremes of indignation, dislike and aggression. Body relaxed and mind settled, a Middle Way relevance is followed, allowing self impulses to disperse and anger to dissipate.

Confused, doubting, uncertain, restless and misunderstanding, the mind nervously flip-flops. Sense the body and the more obvious signs of heart racing, muscles twitching, facial tension, and lips dry while hands fidget and feet tap nervously. Allow the accumulated stress to disperse. Recognize life without self-intrusion. Connect with the present body (and breath), feelings, mind and life-action experiences as a centered recognition.

Aware of subconscious motives, sense the pressure to fulfill a self-related expectations. Greedily seeking pleasure, trying to please or be pleased, fulfillment is impossible. Feel the exhaustion that is the worldly tug-of-war. Note the stressful communication between the body and

mind as habitual energies arise to complicate life. A present appreciation, you are aware of self-indulgent behavior. There is no covering up or deception. Putting things into perspective, the Middle Way appreciation allows for understanding to better help cope with life's challenges. Adversity is met with patience and a clear mind. As the self-emphasis weakens, hostility and anger giving way to ulterior motives are exposed, directly known, engaged and brought under control.

Breathe deeply to connect with the breath's quality (and body), feelings, mind and life-actions. Slowly release the affecting accumulated habits. What's the hurry or bother? Take control of the runaway Monkey Mind. Nervous chatter, over eating, impulsive shopping, drinking too much, pill popping, or chain smoking, these indulgences start out innocently as the result of boredom, but have long lasting results.

Underlying subconscious habits (the thought before actually acting out) charge one. The Middle Way appreciation and the Wisdom Matrix clarification are realized, engaged and followed. Not cruel or punishing, there is no judging, name-calling or fault finding. A self-absorbed approach has one seeking after impossible expectations that are exhausting and dissatisfying. Beneficial and wholesome, an insightful understanding is realized. Aware of thoughts, speech and actions and developing consequences, renounced is problematic, self-directed impulsiveness while developing and reaffirming awareness, concentration, goodwill and insight. Calm, steady, open, patient, settled and good natured, aware of your thoughts and feelings, life is wisely experienced. The full Middle Way Path to be detailed later is a threefold emphasis of conduct-virtue (controlling transgressing habits), meditation-concentration (controlling active arisen thoughts) and insight-wisdom (eradicating dormant subconscious habits at the self-deluded root).

Purposeful Action Directing Life

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Conditions Arising awareness is experienced;**

- **Through the diverse conditions and actions of Conditions Arising awareness arising, purposeful action discernment arises;**
- **With purposeful action discernment arising, Wise Action arises;**
- **And a Middle Way appreciation is followed.**

The self actor is careless and impulsive. One assumes it is natural and right to be indulged, but suffers accordingly when expectations aren't met. The let down is like a slap across the face. Caught up in a one-sided self-pursuit, you go from one suffering act and incident to the next. Anxious, exhausted and dissatisfied, self expectations are an unsettling and dizzying runaround. So strong is the self-attached delusion that the body/mind connection seem real. The world and life are viewed incorrectly—as self-defined.

In a hurry and always eager for what is to come next, at times bored and distracted, or easily overwhelmed and dominated by impulsive habits, missed is life's straightforward changing nature. A general confusion keeps one wandering and unsettled. Mistaken is the impermanent as permanent, the dissatisfying as satisfying, and what is non-self as self. An out-of-touch misperception clouds reality—the drive to fulfill sensual desire, the drive to fulfill craving for existence, driven by misunderstanding life as self.

An '*influence*' in its literal meaning as '*in flowing*' (also referred to as '*effluence*'), unending sense contacted energies and experiences are jarring and unsettling. The body is a receptacle; feelings are pleasant, painful or neutral experiences; the mind reacts instinctively through a mistaken self-awareness; and life-actions or phenomena go on to play out. Purposeful action underscores all life as a Conditions Arising causes and effects scenario play out; multiple actions give the illusion of the 'one' or self. Through a Wisdom Matrix recognition and clarification, life is realized as so many conditions arising rather than self-absorbed.

Now settle and center on the breath's quality. Sense the pressure, subtle friction, stress as well as the ongoing changes between the

body/mind connection. Note how misunderstanding life as a limited self-experience keeps one restless. Follow the Middle Way appreciation not defined by indulgence and gratification or hostility and aggression. You go from misperception and suffering to understanding and well being. Acknowledge the physical stress as well as mental confusion. At odds and off balance, a self-illusion is continually courted, clung to and encouraged. Trying to cope, one is left exhausted, dissatisfied and suffers accordingly.

Note the habitual buildup. Through a body scan settling, gently and slowly allow self-consumed pressures to disperse and fall away. Feel how the body tenses and the mind narrows. Sense the breath's quality shifting to a Middle Way settled appreciation. The pulsing energy reflects charged actions and energies. Settling down, an awareness for the 'in flow' of action is realized.

Through careless attention, the general Monkey Mind distractions of desire, hatred, laziness, restlessness and confusion go on to dominate. Deceived as a self actor, you react impulsively. Actions follow as a result of motives (karma to be explained next)—either careless or wise action. Revealed is a Wisdom Matrix clarification of life as a causes and effects purposeful action experiences. As a self actor you seek answers, identify, project, have bias, and a one-sided reference. Dormant, active and transgressing habits, greed, hatred and confusion lead to suffering consequences. The reverse takes place through meditation. As a present and personal intuition, revealed is the complex nature of life—Conditions Arising causes and effects as purposeful action. Discerned is how motives play out. A personal recognition, the forces and conditions defining and compelling you as a self actor are intuitively realized.

When careless and unaware the breath and mind are stressed and unclear. Breathe in deeply through the nose to be connected with a presently grounded awareness. Sense the fast moving and unsettling 'inflow' of impermanent distracting actions. Feel the stress and pressure in the body (facial tension as well as chest, abdominal and pelvic strain). Settled physically, the mind follows to quiet down as a

clear, open-flowing awareness. Through a Middle Way appreciation, the Wisdom Matrix recognition distinguishes and clarifies life.

Acknowledge the buildup of careless habits: hatred and animosity are counter productive and destructive; lying leads to being distrusted and loneliness; stealing is a one-sided self-gratification; sexual trysts are a carnal outlet without true regard or compassion for others; drug and alcohol use are stupefying. You suffer as a consequence of reckless and careless actions. These disturbing experiences are tied to a self-obsession. Following a Middle Way appreciation, you are wisely engaged.

Awareness Focusing as concentration is applied: Initial Contact regards the breath's quality and physical manifestations; Sustained Contact identifies hotspots of agitation and stress; Interest settles the mental activity; 'Joy' positively connects with the moment to feel and understand how motives and habits go on to form as thoughts, speech and actions; and having One-Pointed Clarity, the purposeful action underscoring life in general is realized.

Direct and Clear Awareness Applied

Awareness is a presently grounded recognition and connection for life—thoughts, speech and actions. When the mind is unsettled and wandering, Direct Awareness is applied and mindfulness reestablished. Clear Awareness is the recognition that one is settled and the mind is an open and discerning consciousness.

The breath's quality reveals the present. Note the tense, short breaths as Monkey Mind distractions get the better of you. Pressure extends down over the body (facial muscles taut, shoulders arched up, along with abdominal and pelvic strain). Direct Awareness identifies the Monkey Mind confusion of desire, hatred, laziness, restlessness or doubt. Acknowledge the moment, connecting with the breath to recognize the unsettling experience. Feel how the body/mind communicate and self-related stress affects you.

Without judging, direct your attention. Sense the Monkey Mind agitation and how the body and mind are impacted. Applying Direct Awareness, slowly feel the shift from habitual confusion to a settling and centered Middle Way appreciation. Noted are how tension and stress arise and go on to fade. The habitual buildup begins to disperse. As mindfulness is reestablished, a deep sighed relief is exhaled. Acknowledge how distractions, fantasies and habits are subdued.

Settled and better skilled, Awareness Focusing as concentration becomes natural and easier. Initial Contact connects as a present breath awareness; Sustained Contact identifies the distracted moment; Interest acknowledges the qualities of stress and tension; 'Joy' stands out as you catch yourself to direct the mind; and having One-Pointed Clarity establishes Direct Awareness for the present moment without self-intrusion.

When settled, conscious and presently engaged, Clear Awareness is recognizing the present moment as calm, focused and intuitive. Self-impulsiveness has abated. Detached from overriding sense-impressions and knee-jerk reactions, acknowledge the poise, tranquility and equanimity of this settled intuition. A regular meditation practice matures to have wisdom for one's life. Follow as you discern the Wisdom Matrix clarification for Conditions Arising causes and effects purposeful action. No longer a victim, you are all the wiser and at peace. Self-impulsiveness is controlled.

Awareness Focusing as concentration: Initial Contact notes the settled breath quality; Sustained Contact recognizes Clear Awareness; Interest distinguishes the calm focus; 'Joy' experiences the tranquil breath and clear mind; and having One-Pointed Clarity is an undisturbed abiding awareness. Acknowledge the absence of compelling habits and the Monkey Mind distractions. A settled and refined Middle Way appreciation is followed.

Conduct and Virtue Leading to Wise Action

In a telling admonition to his son, Rahula, the Buddha shared a practical and wise evaluation. This stern assessment is applicable to all levels of practitioners.

“Whenever you want to do a bodily...mental...and verbal action, you should reflect on it: ‘This...action I want to do—would it lead to self-affliction, to the affliction of others, or to both? Would it be an unskillful...action, with painful consequences, painful results?’ If, on reflection, you know that it would lead to self-affliction, to the affliction of others, or to both; it would be an unskillful...action with painful consequences, painful results, then any...action of that sort is absolutely unfit for you to do. But if on reflection you know that it would not cause affliction...it would be a skillful...action with pleasant consequences, pleasant results, then any...action of that sort is fit for you to do.

“All those...contemplatives at present who purify their bodily actions, verbal actions, and mental actions, do it through repeated reflection on their bodily actions, verbal actions, and mental actions in just this way.

“Thus, Rahula, you should train yourself: ‘I will purify my bodily actions through repeated reflection. I will purify my verbal actions through repeated reflection. I will purify my mental actions through repeated reflection.’ That’s how you should train yourself.” MN 61.

The Middle Way experience encompasses three intuitive areas—insight-wisdom along with meditation-concentration, and the remaining component is conduct-virtue as Wise Action. Five Wise Actions (or precepts) transform a careless and impulsive person to be conscientious, responsible and wisely engaged—life as purposeful action or ethical rather than habitually and impulsively driven. The Five Wise Actions align with one’s motives (karma to be detailed in later): having goodwill for life and in relationship with others (in contrast to ill-will or hatred); honest and sincere speech as communication (in

contrast to lies, gossiping and frivolous speech); sexual responsibility, abstinence and compassion (in contrast to lust and carnal dalliances), and sobriety (in contrast to alcohol and drug misuse). Not a censorship or a superior-than-thou attitude, the Five Wise Actions reveal the underlying motives and compelling responses driving one to think, speak and act. Subconscious habitual tendencies are exposed, directly known, engaged and brought under control.

Bringing a necessary awareness needed in fostering insight, Wise Reflection is a practical and personal regard for one's thoughts, speech and actions. Motives realized and proper wisdom engaged, one doesn't fall victim to self-related greed, hatred and confusion.

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Wise Reflection for thoughts, speech and actions is experienced;**
- **Through the diverse conditions and actions of Wise Reflection arising, the Five Wise Actions arise;**
- **With the Five Wise Actions arising, clarity and responsibility for one's life arises;**
- **And a Middle Way appreciation is followed.**

Try as one will, if you are careless and over indulging in passions and desires while overwhelmed by strong emotions, it is impossible to have a proper perspective and insight for life. Meditation then is a beneficial timeout from the exhausting and stressful, one-sided self-ordeal. Action begets action as a Conditions Arising causes and effects suffering scenario. Purposeful action and one's intentions stand out.

Previously the self actor dominated and won out, but now the Middle Way approach from divisive extremes to have proper conduct-virtue transforms careless habits and impulses. Feel not only the well being but also the mental clarity established through Wise Reflection leading to responsible conduct and principled actions.

Trouble sleeping, nervousness, impatience, a quick temper, indecision, edginess, fears and confusion, careless and unguarded intentions weigh heavily. Living a mindful and contemplative life, Wise Action as personal understanding promotes confidence and responsibility. The Five Wise Actions are practically applied. Insight Meditation and the Middle Way are tied to the real world and not just so many empty words.

Your Life as Wise Action

Ten unwise or detrimental actions compromise life. Three are physical: taking life, stealing and sexual misconduct. Four are verbal: lying, slandering, maliciousness and frivolous chatter. Three are mental: coveting, ill-will, and having wrong views. Ten wise or beneficial actions alleviate life. Three are physical: compassion, generosity, and sexual responsibility. Four are verbal: truthfulness, harmony, politeness, and speaking meaningfully. Three are mental: fulfillment or confidence, goodwill, and right understanding. Reflected is how intentions and actions direct one's life. Unfortunately, the self actor baser instincts usually win out. Connected to Conditions Arising causes and effects purposeful cycle, present actions imply past actions which eventually lead to future actions. So present awareness is either careless or wise and leads to suffering or happiness. The Wisdom Matrix for Conditions Arising causes and effects focuses as a clarification of life.

A foundation of responsible conduct-virtue is followed. Normally self-driven pursuits justify greed and desire, hatred and aversion, doubt and confusion. Subconscious impulses as knee jerk responses compromise one's life. In concert with Insight Meditation, wise reflection as forethought and control is engaged. Rather than happening impulsively only to back track and rectify careless actions, a necessary Wise Reflection as conscientious, responsible action is followed.

The Wise Action of Goodwill (not to harm or have ill-will)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Wise Reflection for one's actions is experienced;**

- **Through the diverse conditions and actions of Wise Reflection arising, the Wise Action of Goodwill arises;**
- **With goodwill arising, ill will ceases;**
- **And a Middle Way appreciation is followed.**

Goodwill is respect for others as well as for all life. Kindness and concern is offered at every moment, situation, and encounter. Detaching from a self-view, one isn't motivated to harm. You share and live in open communication and mutual respect. There can be disagreements, hostility and war or there can be tolerance, understanding and goodwill; battle lines are drawn and a winner-take-all attitude vs. thoughtfulness, friendship and a peace maker. The axiom to treat others as you would want to be treated is the Golden Rule. Wisely Reflecting, goodwill counters impatience, egoism and being short tempered.

Like a slap across the face, ill-will is painful. The consequences are the bad feelings and rancor raging, along with enmity and animosity towards others. Acknowledge the warning signs—pressure at the forehead and around the temples, eyes squinting, lips clenched, mouth dry, neck veins bulging, a tightness at the chest as breathing becomes tense from the hostility, while thoughts painfully narrow. Anger is suffocating and stifling. Take some deep breaths to reconnect with the present breath quality. Smile, be comfortable and at ease. Relax the one-sided way of looking at things. Acknowledge the crushing pressure of anger and frustration leading to hostility, lashing out, vindictiveness or being put on the defensive.

Insight Meditation and the Middle Way appreciation open to goodwill as well as revealing the role of purposeful action. Here acknowledge the dormant, active and transgressing flow of ill-will's effects and self-centered intentions. Note how you are challenged through an inflexible 'my way' attitude. Settling in concentrated awareness, connect with the emergence of patience and beneficial choices rather than aggression and confrontations leading to unhappy endings. Wisely Reflecting, recognize how ill-will turns to blind rage. Subconscious habitual tendencies exposed, acknowledge the shift to a Middle Way

appreciation. As the self-attitude softens, hostility and anger give way to the Wise Action of goodwill.

Awareness Focusing as concentration: feel the Initial Contact of anger like a jabbing prick; Sustained Contact notes the intensifying of anger; Interest as the self actor dominates; 'Joy' is a recognition for the hostile consciousness about to take place; and having One-Pointed Clarity the Wise Action of goodwill is channeled. Feel the change in breath quality and attention as anger is viewed from a Middle Way appreciation. Reflect on how motives play a crucial role in directing thoughts, speech and actions. Presently aware, you are responsible for your actions.

Wisely Reflecting, the Wisdom Matrix reveals the conditions or actions leading to ill will as well as the insight to engage in goodwill. Acknowledge how self-associated conditions wane. Through a Middle Way appreciation and understanding, personal recognition is established. Feel as the habitual buildup disperses and life is experienced without self-intrusion. Wisely Reflecting, goodwill and mindfulness turns you away from painful actions and suffering consequences to responsible and rightly engaged Wise Action.

The Wise Action of Generosity and Sharing (not to steal or take what isn't yours)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Wise Reflection for one's is experienced;**
- **Through the diverse conditions and actions of Wise Reflection arising, the Wise Action of Generosity arises;**
- **With generosity arising, theft and miserliness cease;**
- **And a Middle Way appreciation is followed.**

To be generous is to be open, accepting, concerned and to share. The self actor hordes, is calculating, greedy and attached. Generosity leads to friendship and positive interactions with others, taking you out of a self-centered orbit. It actually feels good to share, be open and caring

while greed is selfish and a painful attachment. Wisely Reflecting, generosity counters selfishness, stinginess and greed.

Connecting with awareness for the breath's quality, acknowledge how greed and selfishness are smothering and suffocating. Follow how the mind is preoccupied and unsettled. Sense the one-sided self stress and pressure revealing petty indulgences. Note how tension grips the body and how the mind is locked-up in possessiveness and greed. Gently allow the body to relax. The self actor takes a harsh toll. Note how rough the breath is as well as how the mind narrows. Through meditative awareness follow how greed plunges one into further compromising and aggressive actions.

When stealing there is always the worry of getting caught as well as the guilt driving a cover up. Taking a postage stamp or making long distant calls from the work place seems of little consequence, pretending that nothing is wrong or will come from these selfish actions. Self-deception has repercussions. Cold and calculating, an ingenuous person with ulterior motives dominates. Other people are seen as a threat or as inferior. A taxing burden, greed is repressing. Acknowledge the warning signs of the body tensing up and a bitterness sweeping over one. Note how the mind collapses as a self-promoting indulgence.

Wisely Reflecting, there is the willingness to share and offer. Should a homeless person be encountered, can you give a few coins or more? You may not have the means to share, but you can be sympathetic and respectful. There is also the simple act of doing a favor. The motives behind giving and sharing are important. Do you give with reputation and gain in mind and the attention garnered? This is a deception. When sincere the other person's needs and situation are realized. Integrity, honesty and generosity reflect an aware and wise person.

Settling in concentrated awareness, feel the emergence of patience and charity. Wisely Reflecting, recognize the burden of self-absorbed thoughts, speech and actions. The subconscious exposed, follow the gradual shift towards a Middle Way appreciation. Selfishness gives way to the Wise Action of generosity and sharing.

Awareness Focusing as concentration: feel the Initial Contact of selfishness as unsettling; Sustained Contact notes the intensifying of selfishness; Interest recognizes the self-domination; 'Joy' is a recognition for the selfish consciousness about to take place; and having One-Pointed Clarity the Wise Action of generosity is channeled. Feel the change in breath quality as the mind shifts from being self-absorbed to a centered Middle Way appreciation. Reflect on how motives play a crucial role in directing thoughts, speech and actions. Presently Aware, you are responsible for your actions.

Wisely Reflecting, the Wisdom Matrix reveals the conditions or actions leading to greed as well as the insight to engage in generosity. Acknowledge how self-associated conditions wane. Through a Middle Way appreciation and understanding, a personal recognition is established. Feel as the habitual buildup disperses and life is experienced without self-intrusion. Wisely Reflecting, generosity and mindfulness turn one away from painful actions and suffering consequences to rightly engaged Wise Action.

The Wise Action of Compassion (to care as well as be sexually responsible)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Wise Reflection for one's actions is experienced;**
- **Through the diverse conditions and actions of Wise Reflection arising, the Wise Action of Compassion arises;**
- **With compassion arising, lust ceases;**
- **And a Middle Way appreciation is followed.**

The self actor is lustful and sexually driven. Compassion on the other hand is an offering of caring, acceptance and having a natural regard for the world at large and humanity. Selfish motives wane when one is aware and takes control of his or her actions. Follow the excited breath quality to slowly release desiring habits. Feel as habitual domination

disperses. A Middle Way appreciation for life without self-intrusion is experienced. Wisely Reflecting, compassion counters lust, longing and compromising actions.

Note the strained anxiety of desire reflected as short, sharp and tense breaths while the mind narrows to a sexual fantasy (pressure at the forehead and at the back of the eyes as well as the body in a hyper-hormonal state). Recognize how sexual desire keeps one off balance, agitated and wanting. Unable to sleep at night and consumed with lustful thoughts, feel how the mind is preoccupied with a dizzying carnal deluge. The self actor takes a harsh toll. Note how rough the breath is as well as how the mind narrows. Follow the settling and centering through Insight Meditation confidence and patience come forward.

Not a censorship, the Wise Action of compassion is a call for responsibility. Often sexual intimacy covers-up old wounds, but now the other person is seen as a friend and not a carnal object. Aware and patient, a caring attention and compassion emerge. Friendship and goodwill are a benefit. Caring and compassion are a Wise Action while passion and desire are a frustrated pursuit.

Sexual misconduct brings pain and ruin to individuals, families, and even harms innocent children. Yet it is all done in the name of 'love.' Reflect on how motives play a key role in directing your life. Rather than being indulgent and consumed by sexual energy, there is the Wise Action of compassion. One can care deeply while not feeling lust and looking at the other person as a carnal object.

Feel how aroused and distracting sexual craving is. Stoked by an insatiable passion, lust is all consuming. Ulterior motives dominate. Abuse, loneliness, and misunderstanding coupled with the sex drive are compromising and alienating. Born from sex, you are also more than just reckless passion. Sex is short-lived while compassion requires a deeper caring, genuine concern and sincerity. Being honest, acknowledge what is prompting your desire (often it is a troubled upbringing, personal issues and short-comings). Note how the mind collapses to a self-promoting passion.

Settled in concentrated awareness, feel the emergence of patience and caring rather than desire. Wisely Reflecting, recognize the burden of self-absorbed thoughts, speech and actions. The subconscious exposed, follow the gradual shift towards a Middle Way appreciation. Carnal impulses give way to the Wise Action of compassion.

Awareness Focusing as concentration: feel the Initial Contact of lust as unsettling; Sustained Contact notes the intensification of lust; Interest regards how one is overwhelmed; 'Joy' is a recognition for the passion about to take place; and having One-Pointed Clarity the Wise Action of compassion is channeled. Feel the change in breath quality as the mind shifts from a lustful state to a centered, Middle Way recognition. Reflect on how motives play a crucial role in directing thoughts, speech and actions. To refocus your passion, it is helpful to view a younger person as one's own child, people of the same age as a brother or sister, and older people as a mother, father or grandparent. Presently aware, you are responsible for your actions.

Wisely Reflecting, the Wisdom Matrix reveals the conditions or actions leading to lust as well as the insight to engage in compassion. Acknowledge how self-associated conditions wane. Through a Middle Way appreciation and understanding, a personal recognition is established. Feel as the habitual buildup disperses and life is experienced without self-intrusion. Wisely Reflecting, compassion and mindfulness turn one from painful actions and suffering consequences to rightly engaged Wise Action.

The Wise Action of Truthfulness (not to lie but be sincere in your speech and communication)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Wise Reflection for one's actions is experienced;**
- **Through the diverse conditions and actions of Wise Reflection arising, the Wise Action of Truthfulness arises;**

- **With truthfulness arising, dishonesty ceases;**
- **And a Middle Way appreciation is followed.**

Words can injure, create misunderstanding, mistrust and escalate to animosity. Criticism is like jabbing the other person with a stick. Expressing an opinion at every moment no matter how honest only leads to struggles, stress, one-upmanship, and reflects a personal insecurity. Speaking unkindly puts one in an aggressive state and distances one from others. Confused, agitated and worried, lying and straying from the truth leaves one off balance and restless. Plagued by doubts, more lies are fabricated. Even innocent 'white lies' are misleading. Half a truth is nevertheless a lie! Instead of name calling, finger pointing or blaming, Wise Speech emphasizes awareness, responsibility and honesty before impulsively blurting out thoughts and opinions. Wisely Reflecting, Wise Speech counters insensitivity, impulsiveness, impatience and ill will.

Acknowledge the benefits of courteous and truthful speech. Like an antidote, just words are healing, beneficial and comforting. The body settles down and the mind opens as calm, clear and receptive. Through sincere speech, friendship and trust are established.

Lies, gossip, exaggeration, and foul language are disturbing. Note how breathing becomes difficult and the mind reels when harsh speech is used. The body sickens and the mind sours from the negative dialogue. When insincere, exaggerating, gossiping or lying, note how the mind is confused and disconnected from reality. There is the urge to cover-up, put down, manipulate and self-aggrandize. The self actor takes a harsh toll. Note how rough the breath is as well as how the mind narrows.

One shouldn't be so serious that a laugh or light-hearted moment can't be shared, but when humor goes on to exaggerate or single out someone for foibles that everyone has, then speech takes on a wounding, nasty tone. Even as a gentle chiding, there is always a 'victim' to humor. Words should be measured, fit the situation and be directed to the level of the other person's understanding and never be divisive.

Wise Speech also includes ‘noble silence.’ If there is nothing appropriate to communicate, share your composed and peaceful presence. This includes not taking part in frivolous conversations and gossip. Patiently listening is an important part of communication. There are times when being a good listener and a friend to the other person is best. Reflect on how motives play a key role in directing life. Applying Wise Speech, accept responsibility for your words.

Gossip goes on to relay something you don’t have first-hand knowledge or experience about. Rumors are the equivalent of poisoning. Speech and words should be an honest expression, tactful and sincere. Wise Speech promotes trust and goodwill. When honest, like minded friends come forward; when dishonest insincere and untrustworthy people swarm like vultures. Before ever speaking a word, the thought as intention for what is to be spoken first comes to mind. Note how the mind collapses to engage in self-promoted speech.

Settled in concentrated awareness, feel the emergence of patience and beneficial choices rather than dishonesty. Wisely Reflecting, recognize the burden of self-absorbed thoughts, speech and actions. The subconscious exposed, follow the gradual shift towards a Middle Way appreciation. Careless speech gives way to the Wise Action of Truthfulness and honesty.

Awareness Focusing as concentration: feel the Initial Contact of careless and impulsive speech; Sustained Contact notes the intensifying of negative thoughts forming; Interest as the self actor exaggerates to invent and twist things around; ‘Joy’ is a recognition for the harsh speech about to take place; and having One-Pointed Clarity the Wise Action of honesty is channeled. Feel the change in breath quality as the mind shifts to a Middle Way recognition. Reflect on how motives play a crucial role in directing thoughts, speech and action. Presently aware, you are responsible for your actions.

Wisely Reflecting, the Wisdom Matrix reveals the conditions or actions leading to wrong speech as well as the insight to engage in wise

speech. Acknowledge how self-associated conditions wane. Through a Middle Way appreciation and understanding, personal recognition is established. Feel as the habitual buildup disperses and life is experienced without self-intrusion. Wisely Reflecting, truthfulness and mindfulness turn one away from painful actions and suffering consequences to rightly engaged Wise Action.

The Wise Action of Moderation and Sobriety (responsibility for drug and alcohol consumption)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Wise Reflection for one's actions is experienced;**
- **Through the diverse conditions and actions of Wise Reflection arising, the Wise Action of Moderation and Sobriety arise;**
- **With moderation and sobriety arising, alcohol and drug abuse cease;**
- **And a Middle Way appreciation is followed.**

Unable to function, thoughts blurred, speech slurred, and body chemistry a wreck, the consequences of drug and alcohol use are obvious. There is no sense of moderation. Social drinking and casual drug use are an excuse not to deal firsthand with challenges and problems. Drug addiction, wild parties and drunken or 'high' weekends only make life all the more difficult. Carelessness through drug or alcohol use dulls awareness and brings harm to family members and friends. The rush of a drug high is never worth the after effects of being out of control and the sickening time spent hung over and wasted. Wisely Reflecting, sobriety counters impulsiveness, frustration, insecurities, doubt and personal issues.

Centered and aware, body calm and mind clear, acknowledge the insecurity, fear, and doubt provoking you to react and escape through drugs in order to try and cope with life's demands, let downs and difficulties. Acknowledge the physical tension (facial muscles and torso)

as well as how the mind is strained and breathing closer to hyperventilation. Settling down, acknowledge patience and equanimity. Meditation is an intuitive experience bringing a wholesome perspective to life and pointing you in a beneficial direction. Note how personal doubts and insecurity cloud your judgment. There is a wounded child who needs compassion and healing. There must be forgiveness. Yes, you were wronged but now there must be closure. Insight Meditation and Wise Reflection are a true benefit, recognition and turn around from carelessness and over indulging. Feel how deep seated habits are stifling and a suffering. The self actor takes a harsh toll. Note how rough the breath is as well as how the mind narrows. Through a Middle Way appreciation relax and slowly release haunting torments. Slowly the self-obsessed burden falls away.

Wise Action isn't a censorship, but leads to a happy, less suffering life. Confidence and understanding are strengthened by mindfulness, responsibility, and insight. The 'natural high' of Wise Reflection and the Middle Way appreciation are an insightful and applied Wise Action improving your life. Note how the mind collapses as a self-promoting indulgence.

Acknowledge insecurities. Be sympathetic and patient. Know goodwill. Turn away from recklessness and indulgence to sanity and personal insight. Now, with Insight Meditation's settling and poise as concentration, Wise Reflection stands out. A personal appreciation, feel how the self actor is slowly defused.

But what do you do if you slip back and are unwise or careless? Is it the end of the world? Are you condemned? Not at all. Learn from your miscues and actions. You tried something and it didn't work. There is also awareness, understanding and Wise Reflection. Ever mindful, realize how drug use is stupefying. Subconscious habit tendencies exposed, follow the shift to a Middle Way appreciation. As self-attachments disperse, the urge to drink or smoke gives way to the Wise Actions of moderation and sobriety. Slowly confidence is gained and personal intuition is embraced. Never again to be careless and

impulsive, one is absolved. Meditation as a Wise Reflection, Wise Action is applied.

Settling in concentrated awareness, acknowledge the emergence of patience, beneficial choices and options rather than partaking in stimulants and pills. Wisely Reflecting, recognize the burden of self-absorbed thoughts, speech and actions. The subconscious exposed, follow the gradual shift towards a Middle Way appreciation. Drug use gives way to the Wise Action of moderation and sobriety.

Awareness Focusing as concentration: feel the Initial Contact of doubt and insecurity arising; Sustained Contact notes the intensifying of doubt and insecurity; Interest as the self actor begins to dominate; 'Joy' is a recognition for the careless action about to take place; and having One-Pointed Clarity the Wise Action of moderation and sobriety are channeled. Feel the change in breath quality as the mind shifts from careless indulgences to a Middle Way recognition. Reflect on how motives play a crucial role in directing thoughts, speech and actions. Presently aware, you are responsible for your actions.

Wisely Reflecting, the Wisdom Matrix reveals the conditions and actions leading to drug use as well as the insight to engage in responsible action. Acknowledge how self-associated conditions wane. Through a Middle Way appreciation and understanding, a personal recognition is established. Feel as the habitual buildup disperses and life is experienced without self-intrusion. Wisely Reflecting, sobriety and mindfulness turns one away from painful actions and suffering consequences to rightly engaged Wise Action.

The Role of Renunciation and Restraint

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Tranquility is experienced;**
- **Through the diverse conditions and actions of tranquility arising, renunciation and restraint arise;**

- **With renunciation and restraint arising, sensual desires and confusion cease;**
- **and a Middle Way appreciation is followed.**

Unnecessary experiences and fruitless involvements are a distraction. Of course, family is first, but getting caught up in materialistic needs, over spending and a workaholic run around has people crying out for a sane outlet. Committed and aware, you Wisely Reflect on your life. Insight Meditation directs you to renunciation and restraint.

Renunciation and restraint are strong words. Imagining isolation and penance, these practices help but have their limitations. Renunciation is the awareness to simply stop harmful and negative habitual actions from taking place by first not getting carried away. Desire related to the sense contacts are controlled (eyes/forms, ears/sounds, mouth/taste, nose/smells, touch/tactile and mind/thoughts). Wise Reflection is cultivated as insight for one's life. Restraint is responsibility for one's actions through personal discernment, control and to not be overwhelmed by sense desires.

You can't have it both ways, one foot in awareness and the other straddling in careless habits. You either are unwise or wise, careless or responsible. The foot that rests in habitual quicksand slips to bring one down. Look at it as dropping self-indulgent and aggressive ways while being aware, having goodwill and insight. Not everything is of benefit. You need to be smart. Insight Meditation and Wise Reflection follow a Middle Way approach not overtaken by self-consumed extremes. Simplicity, clarity, ease and well-being are engaged.

Prioritizing, renunciation and restraint are a deepened awareness as caring, generosity, having patience and being responsible. You are aware, listen carefully and relate better to others. It all comes down to personal choices and responsibility—to Wise Action. You don't go around rolling your eyes in disapproval, frowning or spouting off platitudes at every turn. There is a 'right time' when to candidly speak up, but only if the other person is willing, trustful, and sincerely interested. Apart from this you have to live life and peacefully relate to others and your surroundings. Be responsible first and foremost for

your thoughts, speech and actions as should the other person be (but if the person isn't, then you balance the situation by being mindful).

People make excuses for not committing themselves while others give less than a full effort. Many people fall victim to lives of leisure and luxury. Through a mindful and responsible personal approach, a basic simplicity and humility is engaged. Some sacrifice and determination are required. For example, going to night school requires giving up some social activities and putting in the time for studying, writing papers and preparing for exams. You can't have and do everything because you would end up exhausted, confused and probably wouldn't succeed.

Follow how actions are sparked by counter productive motives. A moment is frustrating, a busy situation has one reeling, and yet another moment is confusing. Caught up in self role playing, actions have far reaching consequences beyond the present. Reflect on and realize how habits are compromising. Together Insight Meditation and Wise Reflection illuminate life. As a directed awareness and settled attention, renunciation and restraint are a simple, honest and responsible way to live. Connect with the body (and breath), feelings, mind and life-actions as a centered and deepening recognition for life.

The Worldly Ways

(Gain and Loss, Fame and Dishonor, Praise and Blame, Happiness and Pain)

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-attached desires are experienced;**
- **Through the diverse conditions and actions of self-attachment arising, the Worldly Ways arise;**
- **With self-attachment ceasing, Worldly Ways cease;**
- **And a Middle Way appreciation is followed.**

Arising and fading, events and experiences move in cycles and patterns as purposeful action. One minute you can be on top of the world and

then the next you are making your way out of a rut. There are four corresponding, linked actions (vicissitudes) affecting everyone: gain/loss; fame/dishonor; praise/blame; happiness/pain. This is how life is played out on the worldly, self-centered stage. Motives as driving impulsive actions account for life's ups and downs.

The lives of celebrities are a good example—indulging until they are over indulged, drug and alcohol abuse lead to rehabilitation stints. When their money runs out and the party is over, they find themselves cold, sober and alone. Actually, they should be commended for their real life struggles and the lessons they provide. May their lives be improved and may they know peace. You might get what you want, but at a price—and remember, it won't last!

Fulfillment and wisdom come down to being happy and secure with who you are and what you have. There is a simple life creed: food, clothing, shelter, medicine—humbly fulfilled, let the riches come from my good intentions. Most people have their basic needs met as a reasonably comfortable life, are educated, have a secure job, and sufficient means as well as being loved by family and friends. But remember life's unsettling nature. The classic example of a rose mirrors life. The rose emerges from a bud as you do from the womb. The flower slowly blossoms and changes. You live and are challenged. The rose blooms then wilts. You age and die. There is one difference between the rose and the human condition—you have wisdom. There are choices, free will, responsibility, understanding, and making better decisions.

Wisely Reflecting, aware of subconscious motives, sense the pressure to fulfill a self-image. Greedily seeking, trying to please and be accepted, true and lasting fulfillment isn't possible. Feel the exhaustion that is the worldly tug of war. Note the stressful communication existing between the body and mind as habitual energies arise to complicate life.

Gain and Loss

Gain is tinged with self-centered pride, conceit and arrogance. You may think you are in control, all powerful and have all the answers, but

this is short-lived. Money, status, position and power are a deception (Ironically one is being controlled by a self-illusion!). On the flip side, loss is frustrating, frightening or devastating. Again, a careless self-attachment is the source of problems and suffering as things are done with the intention to fulfill and gain control.

Not only is there gain and loss of material possessions, but there is also trying emotional and personal loss. Closer to Humpty Dumpty repeatedly falling and being put back together again, a self-image is pieced together. Normally, it isn't until one is aged and having slowed down that one is jolted to the fact that one isn't going to live forever. The body no longer responds and weakens while mental capacities slow. Not able to do half the things of your youth, one makes-up for youthful exuberance through Wise Reflection, being centered and responsible.

There is no covering up or deception. Putting things into perspective, Wise Reflection is an understanding to better cope with life's challenges. Adversity is met with patience and clear-minded Wise Action. Additionally, renunciation and restraint direct one away from impulsive behavior. Wisely Reflecting, realize how subconscious habit tendencies and motives underscore life.

Fame and Dishonor

Who wouldn't like to be the toast of the town, cheered, recognized and sought after? But again fame feeds on a self-delusion and inevitably a downfall follows. Unable to make everyone happy and be all things to all people, someone is always going to feel slighted and upset. A backlash is guaranteed. The President as leader or any parent both know about making unpopular decisions. When generous and sharing as a Wise Action, kindness is usually returned, but one doesn't have any expectations of needing such benevolence. As an insightful and wise person you aren't swayed by praise or off handed remarks. If in the end you are the only one who knows the truth and are content for having lived honestly, so be it. Applying the Wise Action of truthfulness, realized are the motives driving one's actions.

Fame is seductive and alluring and corresponds to greed while dishonor is an assault and lack of respect. Wise Action and the intentions behind the actions shape life. Everything thought, said and done follows purposeful action—self-promoted or wisely understood. Acknowledge the shift away from careless, impulsive actions to Wise Reflection and responsibility. Follow how a negative reaction narrows to reveal how as a self actor one is subconsciously affected. Played out are dormant, active and transgressing habits.

Disengaging from worldly pursuits and preoccupations, relax and ease into the meditation. Acknowledge the breath's quality—is there tension and shortness of breath? The body, feelings, mind and life-actions are a grounded realization. Apply Awareness Focusing as concentration to help clarify the moment. Feel as self-absorbed habits begin to disperse.

Gain fills one with short-lived joy and gratifies a self-image, then just as quickly the moment and events change. There are degrees of loss, from outright pain to sadness and depression. Be aware of the physical sensations as well as the feelings incurred. Release the moment through a Middle Way appreciation. Know the clarification from carelessness to Wise Action. What is your intention? What habits are leading you astray? Apply renunciation and restraint. Self is an extreme challenge, but through Insight Meditation and Wise Reflection, realized are what is beneficial and wholesome. Recognize how Monkey Mind distractions are compromising. Whatever the situation, moment or encounter, be patient and determined. Wisely Reflecting, thoughts, speech, and actions align to reflect understanding and responsibility.

Praise and Blame

If politicians in general weren't corrupt one would do well to follow their examples of resiliency for praise or blame. But more realistically, praise is ego inflating while blame crushes one's personal image; praise is soothing and welcomed while blame is an attack and avoided. People and situations that are well received and admired are comforting while negative feedback and challenges are shunned.

But how is criticism and blame handled without feeling the need to counter an insult? It is the self actor who feels attacked and needs to be comforted. Praise and blame change like the weather. One moment admired and glorified, the next one is hated and scorned. All you can do is endure and accept the situation as it is. This is a challenging lesson with patience and goodwill applied. The Wise Action of compassion along with goodwill reaffirms awareness and understanding. Wisely Reflecting, follow how intentions and subconscious motives shape life. Speak truthfully, behave politely and justly through Wise Speech.

Happiness and Pain

The short-term happiness of creature comforts seduce the ego and are gratifying. But there are always setbacks and disappointments. Acting out of greed, hatred or confusion, careless and impulsive tendencies dominate.

In daily exchanges and encounters the pendulum swings from indulging, gratifying and fulfilled to difficult, disarming and disillusioned. Happiness like pain is short-lived. Closer to childish scorn, people are prone to fits and tantrums when not getting their way.

Like riding a cresting wave peaking then crashing, you get swept up, carried away and tossed. Coping with life's ups and downs is aided by Wise Reflection and applying Wise Action. There is self-disappointment, anger, fear and confusion as expectations go unfulfilled, but Wise Reflection entails a connected present appreciation as motives arise. This is neither a pessimistic nor a fatalistic view, but an honest recognition for life's ups and downs. Can one be 'happy' irregardless of the situation, circumstance or encounter? Patience, equanimity, Wise Reflection, and Wise Action along with renunciation and restraint bring a much needed balance to life.

Stifled and suffocating as a backlash, follow as the breath's quality reveals the extremes of joy and sorrow. Overwhelmed and charged as a self actor, life is challenging and seems unrewarding and tragic. Centering on the breath, distinguish self-related physical tension and

mental frustration. Acknowledge the interaction between the body and mind. Gently relax one-sided, self-centered reactions. Allow the habitual buildup and associated stress to disperse.

Slowly realize the role and fallout from your motives. The subconscious revealed, Wise Action is engaged and followed. Insight Meditation and Wise Reflection discern life. There is more to life than careless, one-sided self-limitations. Whatever the situation, moment or encounter, be centered and wisely engaged. Your thoughts, speech, and actions reflect understanding and responsibility. The Wisdom Matrix for causes and effects as purposeful actions is discerned.

Applying Wise Action, try focusing on a 'theme' for the week. One week stress goodwill; another week be gracious in your speech while making an effort to truly listen to others. But don't be self-righteous with a superior-than-thou attitude that puts others off. Wise Action is a personal realization and a natural fulfillment, not a criticism or judgment. Don't expect people to be other than who they are, nor should you be upset with situations when they aren't 'right.' In the end each person is responsible for their actions. You have direct awareness for life (body, feelings, mind and life-actions) while following and living in accord with the Five Wise Actions. In dealings and communicating with others, be patient and have goodwill. Share, be truthful and compassionate as well as firm, resolved and steadfast.

Follow how underlying subconscious dormant, active and transgressing motives are curbed by Wise Action. Simplicity is the key as renunciation and restraint along with reducing material possessions and emotional attachments are liberating. Not giving in to knee-jerk responses, feel how the self actor is controlled and greed, hatred and confusion are defused and fall away. Note how the body relaxes and thoughts settle allowing for insight into life.

Settling into the meditation, the energy making up the moment stands out. Usually one remains hyper-active and charged by the day's activities. Here the subconscious is exposed. The self actor is careless and impulsive. Wisely Reflecting, the Five Wise Actions as

responsibility follow a Middle Way appreciation not overwhelmed by greed and indulgence or hostility and aggression. Acknowledge how compelling habitual actions arise to affect you both physically and mentally; the body is stressed while also feeling challenged, frustrated, impatient and short-tempered. Note the recoil and tension. Connecting with the awareness for the breath, now see beyond the self-deluded charade. Purposeful, ethical actions underscore life.

Breathe deeply 5-7 times through the nose to help establish a present awareness. Greed is exhausting, hatred upsetting, while confusion is shrouded in doubt, insecurity and worry. Open to disperse these one-sided reactions. The Wise Actions of goodwill, generosity, honesty, abstinence and sobriety aren't a censorship, but are applied as insight. Following a Middle Way appreciation and Wise Reflection, self extremes aren't dominant and overwhelming.

Acknowledge the habitual buildup as a self-centered justification. Wisely Reflecting, dormant, active and transgressing subconscious impulsive potentials are revealed. Appreciate the body/mind feedback. Try keeping a clear mind without being overwhelmed by negative feelings or disturbed thoughts. Acknowledge the degrees of distress and panic. Self-centered reactions compromise life. A flawed, incomplete and out of touch misunderstanding clouds life—the drive to fulfill sensual desire, the drive to fulfill craving for existence, driven by mistaking life as self-related. A Wisdom Matrix clarification and understanding, recognize the affects of the many conditions contributing to a body/mind self-illusion through body, feelings, perceptions, mental reactions and conscious attention. A Middle Way recognition for life without self-intrusion is engaged. Living wisely and responsibly, note the detachment from worldly passions and pursuits. Recognize the patterns and actions absorbing you. Wisely Reflecting, your life improves as personal wisdom develops and matures.

The Makings of Self and Non-self Freedom

Living in a changing and imperfect world, already half the answer is known—life is impermanent, dissatisfying and subject to suffering. The Five Remembrances affirm life as it is: there is sickness, aging, death, loss of loved ones and possessions, all directed by personal actions leaving one unfulfilled. Now what does this imply about you as a person? The insight into non-self is challenging because of the mistaken notions and strong attachments one has for a self-centered identification.

Now the intuitive Wise Reflection established through Insight Meditation joins with the Wisdom Matrix clarification to correctly recognize the body/mind connection—the Five Groups of Self-Attached Identification. A ‘heap’ of collected factors or a Humpty Dumpty-like self-image pieced together—body, feelings, perception, mental reactions, and conscious attention (material form and four related mental aspects) make-up a misunderstood and wrongly perceived self-association.

Amazingly, the body/mind connection is brought about by charged motives, having literally willed one’s self to be the person you are (karma, the thought before the thought or action is detailed later). Non-self defines life and reality as they are—without or empty of any unique core, one-of-a-kind being, individual self-characteristic or self-identity but, rather, how multiple causes, effects and actions join to give the illusion of the ‘one’ or self. Through conditions, actions, influences and elements, everything in life and this world is made up of short-lived, thriving action moments connected through wholesome and beneficial or unwholesome and detrimental conditions arising.

Take a closer look. How special a person do you think you are? Parents, schooling, friends, culture and personal experiences, all come together to create a self-engaged image. Wisely Reflecting and discerning, appreciate and experience how multiple actions and conditions come together making up the Five Groups of Self-Attached Identified illusion. There is nothing that stands out as soul, individual or self. Yes, there is a person as a non-self collection of experiences

generated and following purposeful conditioned actions, pulsing and changing at every moment. For example, the next time visiting a lake or the ocean try looking at them not as ‘one’ body of water, but as the reality of many drops generated through unique conditions and circumstances forming the illusion of a lake or ocean. The same with a person, body/mind associated conditions and actions make-up a self-illusion. Life has been experienced from a limited self-point of view without discerning the deeper non-self reality.

However, ‘no self’ is an extreme version of self and relates to life as coming from nothing and ending in nothing. Cynical and skeptical, ‘no self’ is a deluded and twisted self-misunderstanding. If there were a self then one would command it to not be sick, age or die, and always dictate happiness to never suffer. But such isn’t the case. There is non-self, a body/mind collection of compounded actions which make for a self-illusion.

As a personal intuition, your Wise Reflection recognizes the Wisdom Matrix clarifying the self-hoax (the drive for desire, the drive for existence, driven by misunderstanding life as self). Routinely under siege by change and literally physically breaking down, there are also mental and emotional challenges. Disturbed and struggling, suffering is experienced. Compelled by subconscious dormant as well as active and transgressing habits, craving for a body/mind self-identity carries over to future consequences. Linking the past, present and future, self-promoted habits go on to play out. Through Insight Meditation and the Wisdom Matrix recognition, discern the true, non-self nature of life and reality—multiple causes, effects and actions join giving the illusion of the ‘one’ or self.

The Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention)

If not yourself then who are you? I’m here after all—pinch, pinch! What do you call this flesh and bones? What is all this non-self nonsense.

Yes, as a body/mind experience there is a person, a collection of five linked energies and actions, pulsing and changing at every instance. There is the body (material form, the Four Dynamic Forces of solid, liquid, temperature, and space/air); feelings (as sense-contacted pleasant, painful and neutral impressions); perception (identifying, judging and conceptualizing the sense impression); mental reactions (how the buildup of personal experiences and habits go on to charge thoughts, speech and actions); and conscious attention (mistaking life and phenomena in general through a one-sided, self-perspective). The entire range of experiences and life is known through the Five Groups of Self-Attached Identification—physical, sensory and mental cognition. However, the Five Groups shouldn't be taken as a replacement for self since that would only be a further self-delusion! The Five Groups join together as multiple causes, effects and actions, giving the illusion of the 'one' or self.

As a communication and convenience tool, the pronouns 'he/she, his/her—I, me, and mine' are a short-hand general reference to distinguish moments, serving as a description and means of communication. Unfortunately, I, me and mine are taken all too seriously, sides are drawn, one-sided views held and suffering follows. The experience into non-self sheds light on life and problems as slowly the self actor burden is slowly dropped. Only through the complete Middle Way Path as a threefold guided (insight-wisdom, conduct-virtue, meditation-concentration) deliverance can one be free from the illusion that is the Five Groups of Self-Attached Identification.

When aware and rightfully engaged the Five Groups aren't a problem. It is only when carelessly reacting as a self-obsessed actor that there is suffering. Self is a painfully clung to charade; a trying to hold on to something that can't last. Self-deception coincides with suffering—sorrow, lamentation, pain, grief and despair.

The Body as a Body and not as Self

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **A body/mind association is experienced;**
- **Through the diverse conditions and actions of a present consciousness arising, the body arises;**
- **With present consciousness ceasing, the body ceases;**
- **And a Middle Way appreciation is followed.**

The body is likened to foam; a soft figure which doesn't endure, has no true individual characteristic and is a self-associated illusion. A shell-like housing or chamber, the body protects and holds together muscles, nerves, flesh, blood, organs and skeleton as a functioning unity. Reacting as a self actor, you identify with the physical image, but the truth is one is affected by appetites, desires, sickness, aging and death. Everything in this Sense Material Realm has a body and shape as a housing and protection while nourishment comes from sources outside the body. The body isn't self, but a non-self joining together of multiple actions giving the illusion of the 'one' or self. The body as self identified is a limited view of reality.

Thinking you are forever young and immune, old age, sickness and death are a rude awakening and overwhelming. How could this happen to me! The evidence is reflected in the mirror, in personal photographs and seeing how others age can't be denied. Impermanence takes its toll. The Wisdom Matrix clarification for Conditions Arising causes and effects puts life in to proper context as multiple generated actions giving the illusion of the 'one' or self. Yes, there is a body, but there is no unique self-character experiencing the body. A Middle Way appreciation and intuitive Wise Reflection distinguishes reality—the body as body and not as self. The Five Groups of Self-Attached Identification are a misunderstanding of life.

Through a centering body scan, connect with an Insight Meditation awareness. Take a few deep breaths to relax. Realize the breath's quality and physical presence. Note your posture as well as the different pressures and sensations felt at this moment. Follow as a self actor identified burden reacts to grasp and cling through a careless

misperception of reality. Acknowledge the attraction you have for the physical element. Note the stress and clinging related to the body as self. Settling down, the Wisdom Matrix discernment for causes and effects clarifies the body experience as non-self.

Feel the breath's quality and how it extends to affect the whole body. Acknowledge the shift in focus from everyday distractions and uneasiness to a settled awareness. Through a discerning concentration, ease into noting the sensations and pressures involving the body. There is facial tension, pressure at the buttocks from sitting as well as other pulsing sensations along with subtler pressures throughout.

Reflect on the Four Dynamic Forces: extension (solid) that is the organs and skeleton, a biologically functioning unity; cohesion (liquid) moisture and fluidity as an essential lubrication, vitality and support; temperature (heat) is generated from blood circulation and the body actively thriving and functioning; and motion (space/air) the breath, air, respiration, and oxygen as well as motion and movement along with spacing and placement of the organs and physical features. Together these basic forces reflect the Wisdom Matrix of Conditions Arising causes and effects; multiple actions giving the illusion of the 'one' or body.

Continue with your awareness for the body. Note the self-identification for the body as stressful, pressure-filled, and anxious. Slowly feel the relaxing shift away from self-identification to a refined intuitive Wise Reflection and Middle Way appreciation. Follow the breath entering, mixing, absorbing and passing through the body. As an open-flowing recognition, the Wisdom Matrix clarifies the body experience as multiple non-self conditions.

Acknowledge how the body transforms from a child to a teenager and now to an adult (losing hair, skin wrinkling and sagging, putting on weight while also getting sick, weakening, aging and, ultimately, to break down). In touch with present pressures and sensations, realize the body's impermanence.

A discerning recognition, physical attachments are reduced and a Middle Way appreciation is followed—the body as body only and not as self. Arising and fading, a deeper understanding for life and reality is known—impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by conditioned actions. The self-fixation subsiding, acknowledge the non-self qualities, settling and detachment from your self-obsession.

Note how the Four Dynamic Forces engage the body: the collection of solid—skin, skeleton, hair, tissue, nerves, muscles, organs; the collection of liquid—blood, moisture, urine, mucus, marrow, saliva, tears, bile and secretions; the collection of space—air, respiration, breath, gases, cavities and spacing between body parts; the collection of temperature—the body's overall heat, warmer internal temperature and cooler external skin dampness. Only as a self-delusion is one tormented by the body. Nourished by external sources, acknowledge the Wisdom Matrix involving conditions, actions, influences and elements charging the body. Realizing the Wisdom Matrix for Conditions Arising, multiple actions join together to give the illusion of the 'one' or self. Follow as consciousness changes to a restful and broader reflective non-self experience.

Centered on the breath as awareness for the body, the mind settles to a Wise Reflection. Facial muscles relaxed, shoulders down, the abdomen softened, note how self-identification disperses. Detaching from the body/mind obsession, follow how an intuitive Wise Reflection expands to distinguish the Wisdom Matrix clarification for Conditions Arising as a non-self recognition. Multiple actions give the illusion of the 'one' or self—arising and ceasing, the body isn't self. Opening to a restful and spacious non-self experience, acknowledge how consciousness changes from self indulging and aggressive extremes to a Middle Way appreciation without self-intrusion.

Acknowledge the relief as self-attachment abates. Reality is impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. Without self-identification, follow the breath's fluid quality to a settling concentration and clarifying

recognition. Sensitive to the impulses of skeletal frame, organs, muscles, nerve endings, blood flow and breath, the Wisdom Matrix recognition focuses to a non-self insight—without an individual characteristic, the body as body only and not as self. One's awareness changes to a restful and spacious non-self experience.

Awareness Focusing as concentration for the body: Initial Contact follows the general breath awareness and body as unsettled; Sustained Contact identifies the breath passing through the body noting physical pressure points and stress; Interest acknowledges the misperception for the body as self; 'Joy' as the body is viewed through a non-self awareness; and having One-Pointed Clarity, the body is experienced without self-identification. Acknowledge as self-attachment slowly disperses and the self-burden weakens.

A Middle Way appreciation is followed. The body isn't taken as a personality view, isn't craved after as mine, nor is it attached to as a self-conceit. Whether considering the body internally or through external sources, the body arises and fades as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by the body. Self-identification for the body is dropped. The Wisdom Matrix insight stands out—multiple actions as causes and effects, purposeful action makes for the illusion of the 'one' or self.

Feelings as Feelings and not as Self

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **A body/mind association is experienced;**
- **Through the diverse conditions and actions of a present consciousness arising, feelings arise;**
- **With present consciousness ceasing, feelings cease;**
- **And a Middle Way appreciation is followed.**

Feelings are likened to bubbles that arise then disappear, reflecting life's impermanence and having no true individual characteristic, and are a self-mistaken illusion. Identifying with feelings, the fact is the senses (eyes, ears, nose, tongue, skin and mind) are overwhelming and one reacts to a deluge of sense-contacted impressions (sight, sound, smell, taste, touch and thoughts). Awareness for feelings is the first of the four conscious connections that make up mental cognition.

As rapidly absorbed moments, the present is externally contacted through actions playing on the sense receptors as eyes/sight, ears/sound, nose/smell, tongue/taste, skin/touch and mind/thoughts to be either pleasant, painful or neutral experiences. Acknowledge the pressure and burden relating to contacted feelings. A knee-jerk response, comfortable and pleasant feelings are clung to; painful feelings are stressful and to be avoided; and neutral feelings are ignored all together. Feelings aren't self but a non-self joining together of multiple actions giving the illusion of the 'one' or self. Feelings as self identified are a limited view of reality.

There is no moment (not even during meditation) that a feeling isn't experienced. Through Insight Meditation one detaches from self-dominated impulses and reactions. Yes, there are feelings but you don't have to be overwhelmed and ruled by them. Through renunciation and restraint for the senses, self-deception doesn't dominate. Note the arising and ceasing of felt moments. The Wisdom Matrix clarification for Conditions Arising causes and effects puts life in proper context as multiple generated actions giving the illusion of the 'one' or self. Yes, there are feelings, but there is no unique self-character experiencing the feeling. A Middle Way appreciation and intuitive Wise Reflection distinguishes reality—feelings as feelings and not as self. The Five Groups of Self-Attached Identification are a misunderstanding of life.

Through a centering body scan, connect with an Insight Meditation awareness. Follow the short-generated wisps of air. There is pressure at the chest and at the abdomen. Pleasant feelings are distracting as an attempt to prolong the comfortable experience. Forehead tension, stress at the back of the eyes, attention narrowed, painful feelings are

overwhelming. Note as the breath is labored and panicked. Neutral feelings are uninteresting, brushed aside and all together ignored. Acknowledge the attraction you have for feelings. Note the stress and clinging related to feelings as self. Settling down, the Wisdom Matrix discernment for causes and effects clarifies feelings as non-self.

Open to the moment as a release from self-related reactions to the non-self nature of life and reality. Only as a self actor is one affected by feelings. Follow the shift away from self-attachment to a non-self recognition. Multiple actions join together to give the illusion of the 'one' or self—arising and ceasing, feelings aren't self. Acknowledge consciousness changing from self indulging and aggressive extremes to a Middle Way appreciation without self-intrusion. Sensory interaction reflects the Wisdom Matrix of Conditions Arising causes and effects; multiple actions in the 'one' or feelings.

Centered on the breath as awareness for feelings, the mind settles to a Wise Reflection. Facial muscles relaxed, shoulders down, the abdomen softened, note how self-identification disperses. Detaching from the body/mind obsession, follow how an intuitive Wise Reflection expands to distinguish the Wisdom Matrix clarification for Conditions Arising as a non-self recognition. Multiple actions give the illusion of the 'one' or self—arising and ceasing, feelings aren't self. Opening to a restful and spacious non-self experience, acknowledge how consciousness changes from self indulging and aggressive extremes to a Middle Way appreciation without self-intrusion.

Acknowledge the relief as self-attachment abates. Reality is impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. Without self-identification, follow the breath's fluid quality to a settling concentration and clarifying recognition. Sensitive to feelings as pleasurable, painful and neutral, the Wisdom Matrix recognition focuses to a non-self insight—without an individual characteristic, feelings as feelings only and not as self. One's awareness changes to a restful and spacious non-self experience.

Awareness Focusing as concentration for feelings: Initial Contact is the felt breath quality sensation and the feeling as unsettled; Sustained Contact identifies the outstanding feeling as either pleasant, painful or neutral; Interest acknowledges the misperception for feelings as self-related; 'Joy' as feelings are viewed through a non-self awareness; and having One-Pointed Clarity, feelings are experienced without self-identification. Acknowledge as self-attachment slowly disperses and the self-burden weakens.

A Middle Way appreciation is followed. Feelings aren't taken as a personality view, aren't craved after as mine, nor are they attached to as a self-conceit. Whether considering feelings internally or through external sources, feelings arise and cease as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by feelings. Self-identification for feelings is dropped. The Wisdom Matrix insight stands out—multiple actions as causes and effects, purposeful action makes for the illusion of the 'one' or self.

Perception as Perception and not as Self

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **A body/mind association is experienced;**
- **Through the diverse conditions and actions of a present consciousness arising, perception arises;**
- **With present consciousness ceasing, perception ceases;**
- **And a Middle Way appreciation is followed.**

Perception is likened to a mirage; beguiling and deceiving, having no true individual characteristic and is a self-associated delusion. Perception serves to categorize sense-contacted experiences and connects with the world at large. Unfortunately, one goes on to distinguish and divide the moment into self and 'other.' Eyes see shapes and colors, ears hear sounds and tones both soft and loud, the

nose smells scents and odors both weak and strong, the tongue tastes bitter and sweet flavors, skin is a tactile sensitivity for rough and soft as well as hot and cold, and the mind involves thought recognition and logical formation. A well-known example of perception is mistaking a stick on a path to be a snake. Perception isn't self, but a non-self joining together of multiple actions giving the illusion of the 'one' or self. Perception as self identified is a limited view of reality.

Closer to hyperventilating, self-perception keeps one busy, searching, physically stressed and mentally exhausted. Note the gasping pressure of the breath, the strain at the forehead and behind the eyes, the constriction at the throat and chest, and abdominal pressure. Excited and responding, perception is a self-exaggeration, obscuring the true nature of life and reality. The Wisdom Matrix clarification for Conditions Arising causes and effects puts life in proper context as multiple generated actions giving the illusion of the 'one' or self. Yes, there is perception, but there is no unique self-character experiencing the perception. A Middle Way appreciation and intuitive Wise Reflection distinguishes reality—perception as perception and not as a self. The Five Groups of Self-Attached Identification are a misunderstanding of life.

Note how perception is engaged. The first reaction is to identify and label a contacted action experience. Recognize how the mind narrows to perceive—breathing restricted, tension at the forehead as well as behind the eyes, jaw clenched, shoulders hunched up, abdominal and pelvic areas tighten along with thoughts straining. Each encounter is like a Rorschach inkblot test as the environment around you is deciphered. Feel the self-involvement charged by a one-sided perception.

Through a centering body scan, connect with an Insight Meditation awareness. Follow perception as a contacted recognition. The mind busies itself to be engaged and discern. Self requires considerable energy as it goes on to recognize, judge and have bias. Meditation is a beneficial timeout from self-consumed antics and false assumptions. Follow the relief from the self-deceived need to identify, label and judge.

Acknowledge the attraction you have for perception. Note the stress and clinging related to perception as self. Settling down, the Wisdom Matrix discernment for causes and effects clarifies the perception experience as non-self.

Centered on the breath as awareness for perception, the mind settles to a Wise Reflection. Facial muscles relaxed, shoulders down, the abdomen softened, note how self-identification disperses. Detaching from the body/mind obsession, follow how an intuitive Wise Reflection expands to distinguish the Wisdom Matrix clarification for Conditions Arising as a non-self recognition. Multiple actions give the illusion of the 'one' or self—arising and ceasing, perception isn't self. Opening to a restful and spacious non-self experience, acknowledge how consciousness changes from self indulging and aggressive extremes to a Middle Way appreciation without self-intrusion.

Acknowledge the relief as self-attachment abates. Reality is impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. Without self-identification, follow the breath's fluid quality to a settling concentration and clarifying recognition. Sensitive to the impulses of sense impressions leading to perception, the Wisdom Matrix recognition focuses to a non-self insight—without an individual characteristic, perception as perception only and not as self. One's awareness changes to a restful and spacious non-self experience.

Awareness Focusing as concentration for perception: Initial Contact is the general breath awareness and perception as unsettled; Sustained Contact identifies how perception is directed and engaged; Interest acknowledges how perception narrows on a subject to identify a contacted action; 'Joy' as perception is viewed through a non-self awareness; and having One-Pointed Clarity, perception is experienced without self-identification. Acknowledge as self-attachment slowly disperses and the self-burden weakens.

A Middle Way appreciation is followed. Perception isn't taken as a personality view, isn't craved after as mine, nor is it attached to as a

self-conceit. Whether considering perception internally or through external sources, perception arises and fades as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by perception. Self-identification for perception is dropped. The Wisdom Matrix insight stands out—multiple actions as causes and effects, purposeful action makes for the illusion of the 'one' or self.

Mental Reactions as Mental Reactions and not as Self

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **A body/mind association is experienced;**
- **Through the diverse conditions and actions of a present consciousness arising, mental reactions arise;**
- **With the present consciousness ceasing, mental reactions cease;**
- **And a Middle Way appreciation is followed.**

Mental reactions are likened to the rolled layers of a plantain tree, having no hard wood or true individual characteristic and are an off base self-illusion. Here an autobiographically oriented character is forged through family history, schooling, friends, cultural influences along with personal experiences color one's personality. Carried over, measured and continually updated is an autobiographical self-résumé. Views and attitudes for a certain political affiliation, for disliking broccoli, or not getting along with certain people are a conditioned imprinting. Somewhat like a movie, the many experiences are spliced together and added on to, playing out a self actor leading role. Through mental reactions and charged motives, the Three Poisons as character flawed greed, hatred and confusion drive one. Subconscious dormant, active and transgressing habits play out. Mental reactions aren't self, but a non-self joining together of multiple actions giving the illusion of the 'one' or self. Mental reactions as self identified are a limited view of reality.

Note how deep seated memories emerge, are drawn upon and a self-history is engaged. Aware of the subconscious chattering inner monologue, realize that events and life don't happen randomly but follow a scenario of purposeful action. Habits and experiences churn and flash in the mind like a nightmare of so many distorted faces, jabbering mouths, and garbled voices. The subconscious exposed, note the pressure and burden as a strong-willed self-identity seeks expression. Feel the underlying stress behind mental reactions going on to charge thoughts, speech and actions. Acknowledge the attraction you have for mental reactions. Note the stress and clinging relating to mental reactions as self.

Adhering to Wise Action, a carelessly angry individual is reshaped to an aware, stable, generous, good willed and thoughtful person. Meditating, subconscious greed, hatred and confusion are recognized. In turn dormant, active and transgressing habitually charged and impulsive expressions are controlled. Settling down, the Wisdom Matrix discernment for causes and effects clarifies the mentally reacted experience as non-self. Without pressing, follow the settled awareness away from a narrowed, self-association to a non-self recognition. A Middle Way appreciation and intuitive Wise Reflection distinguishes reality—mental reactions as mental reactions and not as self. The Five Groups of Self-Attached Identification are a misunderstanding of life.

Through a centering body scan, connect with an Insight Meditation awareness. Centered on the breath as awareness for mental reactions, the mind settles to a Wise Reflection. Facial muscles relaxed, shoulders down, the abdomen softened, note how self-identification disperses. Detaching from the body/mind obsession, follow how an intuitive Wise Reflection expands to distinguish the Wisdom Matrix clarification for Conditions Arising as a non-self recognition. Multiple actions give the illusion of the 'one' or self—arising and ceasing, mental reactions aren't self. Opening to a restful and spacious non-self experience, acknowledge how consciousness changes from self indulging and aggressive extremes to a Middle Way appreciation without self-intrusion.

Acknowledge the relief as self-attachment abates. Reality is impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. Without self-identification, follow the breath's fluid quality to a settling concentration and clarifying recognition. Sensitive to mental reactions forming as subconscious motives, the Wisdom Matrix recognition focuses to a non-self insight—without an individual or unique characteristic, mental reactions as mental reactions only and not as self. One's awareness changes to a restful and spacious non-self experience.

Awareness Focusing as concentration for mental reactions: Initial Contact follows the general breath awareness and mind as unsettled; Sustained Contact identifies the restless jabbering as either greedy, hateful or confused; Interest acknowledges the misperception for mental reactions as self-related; 'Joy' as mental reactions are viewed through a non-self awareness; and having One-Pointed Clarity, mental reactions are experienced without self-identification. Acknowledge as self-attachment slowly disperses and the self-burden weakens.

A Middle Way appreciation is followed. Mental reactions aren't taken as a personality view, aren't craved after as mine, nor are they attached to as a self-conceit. Whether considering mental reactions internally or through external sources, mental reactions arise and cease as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by mental reactions. Self-identification for mental reactions is dropped. The Wisdom Matrix insight stands out—multiple actions as causes and effects, purposeful action makes for the illusion of the 'one' or self.

Conscious Attention as Conscious Attention and not as Self

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **A body/mind association is experienced;**

- **Through the diverse conditions and actions of a present consciousness arising, conscious attention arises;**
- **With present consciousness ceasing, conscious attention ceases;**
- **And a Middle Way appreciation is followed.**

Conscious attention is likened to a trick performed by a magician—a self-deceived illusion with no true one of a kind source. A charming hoax but not self, conscious attention mistakes phenomena in general as self-defined. Thinking, logic, and cognition are all part of consciousness which forms around sense-contacted actions. Caught up in a self-centered fixation, life-actions or phenomena are misunderstood. Conscious attention is a non-self joining together of multiple actions giving the illusion of the ‘one’ or self. Conscious attention as self identified is a limited view of reality.

Generated and forming around sense-contacted actions, there is eyesight, ears-sound, nose-smell, tongue-taste, tactile-touch, and mind-thought conscious attention. The arising of conditions, actions, influences and elements give the illusion of the ‘one’ or self. Unfortunately, a simple conscious moment is mistaken as a self-assertion. By virtue of sheer intellect and imagination, a pseudo-honor for self and ego (I, me, mine) is bestowed. Descartes’ ‘I think therefore I am’ is an off base self-anthem when, in fact, there are only Conditions Arising as action experiences without any true self nature. The Wisdom Matrix clarification for Conditions Arising causes and effects puts life in proper context as multiple action sources giving the illusion of the ‘one’ or self. Yes, there is conscious attention, but there is no unique self-character experiencing the conscious attention. A Middle Way appreciation and intuitive Wise Reflection distinguishes reality—conscious attention as conscious attention and not as self. The Five Groups of Self-Attached Identification are a misunderstanding of life.

Where perception singles out and separates experiences into subject/object, conscious attention is a defined attachment and view for life as a singular self-experience. Grasping as a self actor, the burden and suffering associated with self follows (sorrow, lamentation, pain,

grief, and despair). A self-promoted fairytale, greed, hatred and confusion play out as dormant, active, and transgressing habits.

Follow the flow from the broader breath awareness forming to a clarified conscious attention. It is through action that consciousness forms and is engaged. Note the shift away from self-attachment to non-self realization. As the breath settles, the mind follows to calm down. Begin to experience and distinguish conscious attention without self-asserted limitations. Without a corresponding action catalyst, the self-illusion weakens; actions stir consciousness and in turn a one-sided self-take forms as deluded thoughts and compromising responses. Acknowledge the attraction you have for conscious attention. Note the stress and clinging relating to conscious attention as self. Settling down, the Wisdom Matrix discernment for Conditions Arising clarifies the conscious attention experience as non-self.

Through a centering body scan, connect with an Insight Meditation awareness. Centered on the breath as awareness for conscious attention, the mind settles to a Wise Reflection. Facial muscles relaxed, shoulders down, the abdomen softened, note how self-identification disperses. Detaching from the body/mind obsession, follow how an intuitive Wise Reflection expands to distinguish the Wisdom Matrix clarification for Conditions Arising as a non-self recognition. Multiple actions give the illusion of the 'one' or self—arising and ceasing, conscious attention isn't self. Opening to a restful and spacious non-self experience, acknowledge how consciousness changes from self indulging and aggressive extremes to a Middle Way appreciation without self-intrusion.

Acknowledge the relief as self-attachment abates. Reality is impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. Without self-identification, follow the breath's fluid quality to a settling concentration and clarifying recognition. Sensitive to the impulses of conscious attention for life and action in general, the Wisdom Matrix recognition focuses to a non-self insight—without an individual characteristic, conscious attention as

conscious attention only and not as self. One's awareness changes to a restful and spacious non-self experience.

Awareness Focusing as concentration for conscious attention: Initial Contact follows the general breath awareness and conscious attention as unsettled; Sustained Contact identifies the breath as a conscious action; Interest acknowledges the misperception for conscious attention as self; 'Joy' as conscious attention is viewed through a non-self awareness; and having One-Pointed Clarity, conscious attention is experienced without self-identification. Acknowledge as self-attachment slowly disperses and the self-burden weakens.

A Middle Way appreciation is followed. Conscious attention isn't taken as a personality view, isn't craved after as mine, nor is it attached to as a self-conceit. Whether considering conscious attention internally or through external sources, conscious attention arises and ceases as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by conscious attention. Self-identification for conscious attention is dropped. The Wisdom Matrix insight stands out—multiple actions as causes and effects, purposeful action makes for the illusion of the 'one' or self.

The Three Poisons and Worldly Pursuits

With worldly pursuits and distractions as a backdrop, thoughts, speech and actions are dominated by the Three Poisons or character flaws—greed, hatred and confusion as vexing self-expressions leading to problems, conflicts and suffering. There is a delayed effect as dormant, active and transgressing potentials arise under the right conditions. The worldly ways of gain/loss, fame/dishonor, praise/blame, happiness/pain go on to affect and handicap one accordingly.

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Monkey Mind is experienced;**

- **Through the diverse conditions and actions of the Monkey Mind arising, worldly ways arise;**
- **With the Monkey Mind ceasing, worldly pursuits cease;**
- **And a Middle Way appreciation is followed.**

The Greed Habit

Dominated by the senses, greed reflects a desirous, lustful and ever needy self-character trying to fulfill a self-image and meet certain expectations. Unsettled, one is on the prowl for more, different, or something better suited. On edge, anxiousness and disturbed, it is impossible to ever be satisfied.

As though moving on fast forward, acknowledge how greedy thoughts are exhausting. Life is a busy runaround seeking fulfillment and gratification. Excited by greed, feel how you wearily grope about. Note how desire affects the breath's quality as rough, panting and pressure-filled. Grasping at anything, the pleasure is short-lived as the yearning mind is fickle and insatiable. Distracted and uneasy (tension at the temples, forehead lined as well as pressure at your chest), the breath pants and the mind rattles on out of control. Thoughts jump about as the greedy habit races from one fantasy, infatuation and longing to the next. Follow how provocations first arise as a subconscious forethought. The self-illusion is held together by craving, linking past, present and future habitual actions which lead to suffering consequences.

Settling as a present awareness for the breath, relax the facial muscles around the eyes while allowing the lower jaw to drop slightly, shoulders and back muscles at ease, and abdominal muscles relaxing. Sense how as a self actor desire makes one rigid and unsettled. Note the grasping and clinging both physically and mentally through the Five Groups of Self-Attached Identification. The agitation, unsettling, busy thoughts, nervousness, excitement and preoccupation reflect a one-sided, self-obsession. Follow how the provocation first arises as a subconscious forethought. The self-illusion is held together by craving, linking past, present and future habitual actions, leading to suffering consequences.

Now settling down, slowly begin to relax in gradual increments the frustration and allow stress blocked channels within the body to open and relax. The desirous buildup begins to disperse. When desiring and distracted one is consumed with self-gratification. Physically stressed, tense and pressured, along with flashing thoughts and provoking habits, acknowledge the affect of impulsively charged motives and how self is linked to deeper habitual associations and confusion. Subconscious impulses exposed, gently allow the conflicting self-deception to disperse. Through a settled awareness desire subsides. Acknowledge the patience and tranquility emerging as desire is released. A Middle Way appreciation clarifies the present from careless and impulsive to Wisely Reflecting and responsible. The Wisdom Matrix for causes and effects is discerned as insight for one's life.

The antidote for greed is renunciation and restraint. Again this isn't a condemnation or censorship, but a mindful and sobering application. Through renunciation and restraint control for the six senses and contacted actions is known. Note how sensual involvement is a nuisance and provocation. Following a Middle Way appreciation, the extremes of indulgence and gratification as well as hostility and aggression are avoided. Renunciation and restraint as not being sensually preoccupied leads to a settled and peaceful mind. Feel the greater well being as you settle down and the mind clears. No matter how enjoyable the moment, reflect on impermanence realizing how moments and experiences eventually end. Acknowledge how the drive to pursue greed affects you. The self actor laments and cries when not getting his or her way. Discerned not only as impermanent but also as self-fulfilling, desire is detrimental and compromises your life.

Without resisting or trying to force the meditation, Awareness Focusing as concentration settles desirous impulses. Note how the grasping greedy burden weakens as the mind quiets. Initial Contact recognizes the greedy impacted breath; Sustained Contact identifies the quality and course of the rough respiration; Interest acknowledges greed's dizzying affect; 'Joy' then releases greed; and having One-Pointed Clarity, self-attached greed is dropped. Feel the shift from worldly distractions to a

non-self insight and release from self-obsession. Desire is a self-burden and obstacle obscuring life's true nature.

The Hatred Habit

Marked by frustration, a false sense of security as well as fear, hatred is obvious in its unsettling affects. As a self-indignation, one feels threatened and overwhelmed. Jealousy, bitterness and revenge are undermining. Face drawn, eyes bugged out, jaw clenched, pain wrinkling the forehead, stomach acid churning while the mind narrows and locks up. Overwhelmed by anger to the point of shaking, the breath is closer to a strangulation.

Take 5-7 deep breaths through the nose to establish awareness. Now settle down to slowly begin to relax in gradual increments the frustration and allow stressfully blocked channels within the body to open and relax. The hateful buildup slowly begins to disperse. Note the change in the breath's quality, body relaxing and mental strain freeing up. When distracted and hateful one is consumed by compromising anger and an out of control rage as well as needing to defend and justify a self-illusion.

Worldly pursuits as a self-consumed distraction, feel how hatred is unsettling and overwhelming. Notice the flashing thought urgency. Acknowledge subconscious motives as a dormant, active and transgressing burden. Note the physical stress, tension and pressure. Subconscious impulses exposed, gently allow the self-deception to disperse. Note as your intuitive awareness settles and expands without hatred. Acknowledge the patience and tranquility emerging as hatred is released. Follow how the provocation first arises as a subconscious forethought. Self-illusion is held together by craving, linking past, present and future habitual actions which lead to suffering consequences.

Now settling down, slowly begin to relax in gradual increments the frustration and allow stress blocked channels within the body to open and relax. The hateful buildup begins to disperse. When hating and distracted one is consumed by self-loathing. Physically stressed, tense

and pressured, along with flashing thoughts and provoking habits, acknowledge the affect of impulsively charged motives and how self is linked to deeper habitual associations and confusion. Subconscious impulses exposed, gently allow the conflicting self-deception to disperse. Through a settled awareness anger subsides. Acknowledge the patience and tranquility emerging as hatred is released. A Middle Way appreciation clarifies the present from careless and impulsive to Wisely Reflecting and responsible. The Wisdom Matrix for causes and effects is discerned as insight for one's life.

Patience along with goodwill are the antidote for hatred. Rebuffed and inconvenienced, sense the onset of frustration escalating to outright outrage. Present identification is key to curtailing anger. Take a few deep breaths. Feel how eyes bug out and allow the flushed feeling to pass. Smile to break the tension. Follow the Middle Way appreciation as a patiently directed goodwill. Acknowledge the shift away from self-related anger to kindness and insight. Discerned not only as impermanent but also as self-fulfilling, hatred is detrimental and compromises your life.

Without resisting or trying to force the meditation, Awareness Focusing as concentration helps settle hateful impulses. Note how the grasping hateful burden weakens as the mind settles. Initial Contact recognizes the hateful impacted breath; Sustained Contact identifies the quality and course of the rough respiration; Interest acknowledges the hatefully conflicted mental state; 'Joy' then releases hatred; and having One-Pointed Clarity, self-consumed hatred is dropped. Feel the shift from worldly distractions to a non-self insight and release from self-obsession. Hatred is a self-burden and obstacle obscuring life's true nature.

The Confusion Habit

Coping with demands, responsibilities and deadlines, worry, doubt and confusion emerge as overwhelming. Challenged and let down at every turn, one is bewildered. A debilitating insecurity as confusion is stifling. Acknowledge how apprehension twitches through the body (facial muscles tense, throat thick and voice cracking, stomach aflutter while

the breath is labored). Clouding life and reality, unable to recognize the present, self-related confusion is overwhelming. The effects of the self actor are paralyzing, making one tired and irritable.

Worldly pursuits as a self-consumed distraction, notice the flashing urgency as distressed and panicked filled thoughts race through the mind. A run away imagination gets the better of one as doubts and insecurities dominate. Acknowledge how pulsing, subconscious motives form as a dormant, active and transgressing self-burden. Slowly begin to relax in gradual increments the frustration and allow stressfully blocked channels within the body to open. The confused buildup begins to disperse. When worried and distracted one isn't mindful, but overwhelmed by concerns and doubt. Feel confusion's unsettling affects. Physically stressed and pressured, confusion wins out.

Subconscious impulses exposed, gently allow the self-directed confusion to disperse, giving way to a settled awareness and clear mind. Acknowledge the patience and tranquility emerging as confusion is released. Follow how the provocation first arises as a subconscious forethought. The self-illusion is held together by craving, linking past, present and future habitual actions, which lead to suffering consequences.

Now settling down, slowly begin to relax in gradual increments the frustration and allow stress blocked channels within the body to open and relax. The confused buildup begins to disperse. When confused and distracted one is consumed by self-doubt. Physically stressed, tense and pressured, along with flashing thoughts and provoking habits, acknowledge the affect of impulsively charged motives and how self is linked to deeper habitual associations and confusion. Subconscious impulses exposed, gently allow the conflicting self-deception to disperse. Through a settled awareness confusion subsides. Acknowledge the patience and tranquility emerging as confusion is released. A Middle Way appreciation clarifies the present from careless and impulsive to Wisely Reflecting and responsible. The Wisdom Matrix for causes and effects is discerned as insight for one's life.

Gentleness, tranquility and patience along with strict mindfulness are the antidote for confusion. Acknowledge the disturbed mental state by connecting with the breath's quality and physical stress. Calming down and mindful, one is able to deal with the disturbed mental state. Following a Middle Way appreciation without aggression or hostility, acknowledge the annoyance and provocation. Smile as a benefactor. There is nothing wrong that can't be settled or righted. Gently releasing the confusion, feel relief, goodwill, tranquility and patience. Discerned not only as impermanent but also as self-fulfilling, confusion is detrimental and compromises your life.

Without resisting or trying to force the meditation, Awareness Focusing as concentration helps settle confusion. Note how the confused burden weakens and your mind settles. Initial Contact recognizes the confused impacted breath; Sustained Contact identifies the anxious quality; Interest acknowledges the disturbed mental state; 'Joy' then releases confusion; and having One-Pointed Clarity, self-attached confusion is dropped. Feel the shift from worldly distractions to a non-self insight and release removed from self-obsession. Confusion is a self-burden and obstacle obscuring life's true nature.

The Fine-Material Awareness or Jhana Absorptions (reduced sensual involvement and refined concentration)

The Seclusion Absorption
The Concentration Absorption
The Equanimity Absorption
The Detachment Absorption

Concentration as a true present awareness and insight is elusive. You can be meditating, but the mind isn't necessarily settled or focused. Fortunately, the Fine-Material Awareness or jhanas as a deeper meditative absorption have a special place in directing one to wisdom. As a refined concentration connected to the subtler Fine-Material Realm (Presently we are in the Sense Realm, then there is the refined Fine-

Material Realm and finally there is the Immaterial Realm of pure psychic energy. What all three Realms have in common is a false sense of self-identification, general dissatisfaction as well as being impermanent.). Experienced are insights to how the mind and consciousness are affected as well as how the subconscious charges a false sense of self-identification and motivated impulsiveness. The Wisdom Matrix clarification noted, these realms have their causes and effects stemming from a misguided self-focus. Only the liberation of Nirvana is unconditioned, without self-generated fabrication and is suffering free.

Building on the Awareness Focusing as concentrated appreciation, the Fine-Material Awareness continues as a natural extension of Insight Meditation. Relating to physical demands, the six senses and the conditioned Sense Realm, Awareness Focusing followed the coarser body or 'material form' and sensory-related contacted action. The Wisdom Matrix recognition clarified life as Conditions Arising causes and effects.

The Fine-Material Awareness serves as an example and experience for something other than and removed from sensory-contacted obsession. All you have known is a body/mind self-identified attachment. Turning away from this hardcore misperception, non-self insight and release from one-sided self-reference stands out. Separating from the demands of the Sense Realm not as an escape but as a wise-reflection discerning the true non-self nature of life and reality, a Fine-Material Awareness is known. As your body/mind identification weakens a refined awareness and concentrated insight as deepened intuition are experienced.

Key to a continued maturing insight is the Middle Way's threefold emphasis of insight-wisdom, conduct-virtue, and meditation-concentration (detailed in full later). Without improving one's behavior to be responsible and ethically correct through the Five Wise Actions (goodwill, honesty, generosity, abstinence and sobriety), you would find it difficult to settle down and the mind would still be affected by poor judgment, impulsiveness and detrimental actions. From this grounded experience, the Fine-Material absorptions and insight are applied and

experienced. A Wisdom Matrix recognition for Conditions Arising causes and effects, the Fine-Material concentration is nevertheless impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action.

Cultivating the Fine-Material Awareness is like turning off the breaker switches in the fuse box-like related to sensually aroused gratification and impulsive reactions. Detaching from the sensory overload (eyes and sight, ears and hearing, nose and scent, tongue and taste, touch and sensations, thoughts and the mind) one settles to step back from a limiting self-focus. As a compelling urgency, sensory engagement is an exhausting body/mind self-deceived attachment. Once the electric sensual charge is reduced, self-directed habits as well as how the subconscious functions are better realized.

The Fine-Material Awareness absorptions are also referred to as 'ecstasies' because of the 'joy' experienced as tranquility, equanimity and continuing discernment. A deeper appreciation and recognition for life is known and penetrated as a Wisdom Matrix insight into the relationship of causes and effects or purposeful actions. Concentration, joy and insight continue as a maturing Middle Way appreciation. Directed to the Wisdom-Liberating Deliverance of the Ultimate Reality and the Unconditioned Realm, Nirvana as the cessation of self-reference and self-promotion, suffering's end is to be known.

The Seclusion Absorption

The Seclusion Absorption continues as a natural extension of your meditative experience. Detachment through meditation begins as a 'seclusion' from all the distractions and disturbances related to Sense Realm activities. The meditative timeout and rest from life's demand is a beneficial doing 'nothing' (nothing disturbing or self-promoting). Experienced is 'joy' through the settling of compulsive actions as habits quiet and open to an intuitive, personal awareness. Insight Meditation and the Middle Way appreciation join as a Fine-Material Awareness to a penetrating Seclusion Absorption. Non-self insight and release from self-involvement stands out.

Take a few deep breaths through the nose to relax and connect with the present moment. A body scan helps settle you. Identify with the quiet surroundings. Check your posture and note the different physical pressures and sensations. Slowly disconnect from the self-consumed urgency and allow the Fine-Material Awareness to come naturally as you release and are removed from Sense Realm attractions. Acknowledge the freeing, separation and detachment from the self-obsession to do, be and become. Wisely Reflecting, an undisturbed tranquility without sensory disturbances is experienced. Through the secluded awareness, begin to feel the separation from the coarser Sense Realm domination.

The Monkey Mind is weakened but still manages to flare up in occasional chattering instances. Still charged by everyday compulsions and random thought impressions, note here how the mind doesn't actively squeeze and bear down or react on a thought. Acknowledge the open-flowing awareness of the mind settling. If longstanding difficulties with anger, insecurity or confusion arise, acknowledge the clenching, clinging and struggling with these issues. Below the level of habitual self-related stress is a quiet and settled joy removed from Sense Realm engagement. Relief is known as the Five Groups of Self-Attached Identification weakens. Insight Meditation is both instructing, revealing and blissful. Following a Middle Way appreciation removed from indulgence and hostility, connect with the intuitive Wisdom Matrix for how conditions and actions are engaged. The Seclusion Absorption as a Fine-Material Awareness is experienced. Insight Meditation and the Middle Way appreciation unite as a Fine-Material Awareness to experience the Seclusion Absorption.

The Seclusion Absorption has the overall direction of Awareness Focusing: Initial Contact begins as a breath appreciation; Sustained Contact as an awareness and settling removed from sense contacts; Interest is knowing and acknowledging the refined seclusion; 'Joy' distinguishes the separation from Sense Realm activity; and having One-Pointed Clarity, the mind isn't distracted by mundane sense-related impressions.

Acknowledge how self-identification fades into the background. Insight is more profound than the runaway self-attached imagination. Note how your attention settles to a refined Seclusion Absorption. Connect with the Fine-Material Awareness as a Wisdom Matrix clarification to discern the causes and effects directing you to this Fine Material absorption. Without the contributing sense-related factors, dormant, active and transgressing habits are temporarily subdued. The Seclusion Absorption helps in deepening wisdom and the release from self-identification.

A pleasure born of seclusion and meditative unification of mind, acknowledge the tranquility experienced to be separated from overt Sense Realm activity. Recognizing how the absorption is brought about, realize the purposeful action involved and how one is instrumental in directing perception. While less dramatic and obvious, there persists a low-level self-attached involvement. Wisely Reflecting, a non-self insight turns one away from a self-directed reference. So this meditative experience and Fine-Material Awareness comes to be, is established, and goes on to play out and ceases. A Wisdom Matrix clarification, as the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent.

Settled and bringing sensory contact under control, the Seclusion Absorption gives way to the conditions and experiences of the Concentration Absorption or the second jhana.

The Concentration Absorption

Concentration isn't automatic and instantaneous, but eased into through Interest, 'Joy' and One-Pointed Clarity as Sense Realm activity is reduced and the mundane identification of Initial and Sustained Contact drop off. Settling as a seclusion recognition, there is a shift away from sensory activity and impressions to tranquility, giving way to concentration and a deeper mindful ease as mental distractions are removed. Wisely Reflecting, note how the mind settles and moves away from a body/mind self-identification. The self actor is subdued. Insight Meditation and the Middle Way appreciation unite as a Fine-Material Awareness to experience the Concentration Absorption.

The mind is like a muscle as one's attention strains to judge and deal with a thought experience. Follow as the mind relaxes through a Middle Way appreciation not absorbed in self extremes. Don't bear down to scrutinize the moment but note how the mind goes on to quiet as an open-flowing awareness. A Wisdom Matrix clarification, acknowledge how concentration expands to be unburdened from Sense Realm attachments, desires and overt self-identification.

Follow as self-impulsiveness drops away and shifts from the broader physical identification to a settled concentrated absorption. It is through the six senses that the self-illusion is aroused and now it is through the settling of the six senses that the self actor is disconnected. Through Interest, 'Joy' and a One-Pointed Clarity, acknowledge the relief and well being that is the Concentrated Absorption. Sounds can echo, sensations tingle and the Monkey Mind may screech, but your attention doesn't actively engage as curiosity to turn towards and interact with everyday provocations. Disengaged, note how habitual impulses dissipate. Experience the connection with the present refined moment through a composed attention. Acknowledge the spaciousness experienced as a concentration without self-limiting focus.

Awareness and a composed attention stand out as a concentration removed from sensory engagement and overt self-identification. Note as the discursive monologue, persisting habits and compelling intentions fall mute. Settled and composed, Interest, 'Joy' and One-Pointed Clarity go on to stand out as a Fine Material Concentrated Absorption. So this meditative experience and Fine-Material Awareness comes to be, is established, and goes on to play out and ceases. A Wisdom Matrix clarification, as the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent.

Settled and bringing discursive and random thoughts under control, the Concentration Absorption gives way to the conditions and experiences of the Equanimity Absorption or the third jhana.

The Equanimity Absorption

Settled as relief from sensory involvement, the Equanimity Absorption stands out. Subconscious habitual energies now dormant, acknowledge the relief from Sense Realm pressures and distractions. A non-self relevance and release from self-involvement stands out. Self-impulsiveness is subdued. Insight Meditation and the Middle Way appreciation unite as a Fine-Material Awareness to experience the Equanimity Absorption.

Equanimity isn't only an undisturbed tranquility, but also an ease, confidence, fulfillment, and awareness that comes from renunciation and restraint as Sense Realm desires subside as well as having proper conduct-virtue. Removed from the obvious sensory agitation, impulsive reactions drop away and overt self-involvement settles. Experience the relief from sensual gratification. With sensory engagement and the grosser self-identification dropped, note the settling, well being and fulfillment. The impulsiveness to be and need falls away. A Wisdom Matrix clarification, recognized are the conditions as causes and effects as purposeful action generating and upholding a self-delusion.

Follow the establishment of the Equanimity Absorption. Settled and at ease as Equanimity, the Fine-Material Realm Awareness is a 'joyful' recognition, relaxed and having One-Pointed Clarity. Acknowledge the present awareness detached from physical identification and Sense Realm distractions to a settled equanimity.

The body/mind identification weakens as interest gives way to 'Joy' and One-Pointed Clarity. Insight is more profound than a runaway imagination and self-attachment. The mind relaxes and attention expands in ways unrealized before. The moment is centered and quiet, residing in equanimity as a secluded and concentrated attention. Equanimity is experienced as a tranquil awareness removed from Sense Realm arousal. So this meditative experience and Fine-Material Awareness comes to be, is established, and goes on to play out and ceases. A Wisdom Matrix clarification, as the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent.

Settled as a calmed well being, the Equanimity Absorption gives way to the conditions and experiences of the Detachment Absorption or the fourth jhana.

The Detachment Absorption

Removed from sense-contacted actions, meditation deepens to an open-flowing spacious and refined concentration as equanimity gives way to the Detachment Absorption. Having separated and dropped the cruder Sense Realm limited focus, only a subtle self-identification remains as well as having impeccable conduct and behavior. Know the depths of this settled mental capacity and recognition. As though opening a door and entering a room without any walls, floor or ceiling, you are unrestricted and not bound by sensory identification or an overt self-reference (yet a lingering self-identification remains). Non-self discernment and release from self-involvement stands out. The self actor is temporarily subdued. Insight Meditation and the Middle Way appreciation unite as a Fine-Material Awareness to experience the Detachment Absorption.

Feel the actual relief and comfort to be separated from Sense Realm identification. Restlessness settles while subconscious habits are dormant. As a personal recognition, follow the present moment Fine-Material detachment; a 'neither pain nor pleasure' separation from the sensory conditioned onslaught and overt self-reactions is known. Note how awareness is marked as relief from exaggerated role playing and pursuits. The Detachment Absorption as a refined and settled recognition stands out.

Acknowledge the absence and relief as a 'neither pain nor pleasure' breaking with over the top Sense Realm attachments. Freed from the proverbial self-monkey, acknowledge the relief as an unburdened 'neither pain nor pleasure' separation from the normal self-related gravity. Only a lingering self-awareness persists as the more sensational body/mind association falls away. One-Pointed Clarity as a Detachment Absorption emerges as equanimity. Tranquility is experienced as Wise Reflection, undisturbed and not complicated by an

all consuming self-compulsion. Acknowledge how self-identification and related conditions fade into the background. Settled as a refined awareness, insight is more profound than self-attachments. Without the contributing factors, dormant, active and transgressing habits are temporarily defused.

Through Seclusion, Concentration, Equanimity, and the Detachment Absorptions, the Wisdom Matrix insight distinguishes the conditions, actions and influences associated with each mindfully focused absorption. Absent is all the drama and hyperactivity connected with the Sense Realm. Follow how the Wisdom Matrix for Conditions Arising purposeful action relates to the Fine-Material Awareness. One-by-one as the conditioned sequences are experienced, the Wisdom Matrix recognition penetrates how moments come to be and then go on to cease.

Settled and bringing sensory involvement under control, the Fine-Material Awareness reflects a refined intuitive experience and a deepening of the Wisdom Matrix clarification for purposeful action and non-self insight.

A Creature of Habit

The body/mind association that is the Five Groups of Self-Attached Identification is dominated by impulsive actions: eating the most convenient high calorie intake to satisfy physical cravings (also how people go on to ply themselves with alcohol or drugs); feelings are over indulged when pleasant, avoided when painful or brushed aside when boring; a one-sided perception calculates what is convenient, seeking out satisfying and rewarding goals as well as gravitating towards the least threatening situation; mental reactions as greed, hatred and confusion are expressed; and a self-directed conscious attention dominates.

Now engaging in Insight Meditation as a centered awareness, life is seen and understood through the Wisdom Matrix for Conditions Arising (multiple actions and conditions giving the illusion of the 'one' or self).

Settled, focused and discerning, follow the breath's quality. Note the inherent stress and pressures associated with a body/mind obsession. Formed through causes and effects, the body, feelings, perception, mental reactions, and conscious attention are impermanent, dissatisfying and subject to suffering, and of a non-self impersonal nature.

At the center of it all is craving (for desire, self-identification or seeking to escape), linking the past with the present and making for future consequences. Like an enticed bee, one goes from one encounter and experience to the next seeking out, extracting and uphold a self-ideal. Sense how craved impulses are unsettling and correspond to fulfilling a self-notion. Note how self-absorbed intentions arise and how suffering consequences go on to play out. No matter what you do or how hard you try, disappointment to some degree is eventually experienced. The Five Remembrances are a valid and sobering recollection (sickness, aging, death, loss and responsibility for one's actions) and direct one to a non-self wake up call. Without an individual element or unique self-source, the Wisdom Matrix discernment for purposeful actions clarifies life.

Slowly release the accumulated self actor habitual buildup. Patience realized, meditation gives way to equanimity as the self-compulsion drops away. Note craving's urgent affects (desire is insatiable, self-identification keeps one off balance, or trying to flee from a situation). Acknowledge how the chattering subconscious monologue quiets down. Greed, hatred and confusion subside. An intuitive personal insight stands out.

Meditation as a Wise Reflection for life, habitual instincts are exposed. A creature of habit, discerned is the Five Groups of Self-Attached Identification as a beguiling hoax. Like a puppet on a string, the Five Groups are a compromising non-stop frenzy of desires, bias and careless actions. The breath reflects a self-stifling tension, upheaval and exhaustion. Challenged and stressed, realize how underlying subconscious habits are unsettling, a provocation and undermine one. Acknowledge the physical symptoms as well as the accompanying

mental strain. Tense, wound up and self-involved, having to be a self actor isn't easy. You don't have to be the person you think you are—not even for yourself!

Realizing the physical strain and ongoing mental struggle, feel how you cling, crave and are attached as a self actor. Note how the mind narrows, is conflicted and attached to a body/mind identification. Acknowledge the charged habitual energies and the unsettling that is the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention). Turning away from worldly distractions and pursuits, a Middle Way appreciation not related to self indulging and hostile extremes is known.

Recognize how the six senses make-up the present—sensitive to distinguishing light and forms (eyes/sight), aural vibrations (ears/sound), scents (nose/smell), flavors (tongue/taste), cold or warmth and comfort (skin/tactile), and thought impressions arising and fading (mind/conscious attention). A Wisdom Matrix clarification for Conditions Arising purposeful action, each sense contact is communicated through conditions, actions, influences and elements, but isn't self-related nor is taken to be self. A Middle Way appreciation, note how multiple actions make up the illusion of the 'one' or self. Acknowledge the relief experienced detaching from the self-ordeal.

Follow the shift as detrimental habits slowly begin to disperse. Awareness settles naturally to a focused Fine-Material Awareness: the Seclusion Absorption as sense-contacted experiences diminish; through the Concentration Absorption the mind withdraws from the overt body/mind identification to a refined One-Pointed Clarity and concentration; the Equanimity Absorption as settling from the grosser Sense Realm identification to a refined awareness not consumed by mundane associations and impulses; and the Detachment Absorption isn't plagued by overt pain or pleasure but has a clear-minded distinction for non-self insight and a diminished self-role.

Through Insight Meditation and a Middle Way appreciation, non-self recognition stands out—not I, mine, or myself; nor identified, delighted

or pursued as a past, present or future self-association. Follow as self-attachment falls away.

Recognize the sticky and painful burden involved and related in being a self actor. Realize how underlying subconscious impulses generate detrimental actions. Discern how the body/mind self-identification is compromised by the Three Poisons (greed, hatred and confusion) as well as 'taints' or misunderstanding (the drive for desire and self-identification, driven by misunderstanding life as self). The self actor's full suffering scope and range stands out—sorrow, lamentation, pain, grief and despair.

The body/mind identification and related obsession forms from misunderstanding life as self-related then follows as careless actions and suffering consequences. Acknowledge how self-association shrinks through the Wisdom Matrix clarification for Conditions Arising. The Middle Way threefold guidance of conduct-virtue, meditation-concentration along with insight-wisdom is followed ending self-inspired delusion.

The Karma Connection— compelling habitual motives leading to suffering actions

Karma literally means action and when looking at your life's actions they begin, have first expression and are channeled through motivated self-centered habits (greed, hatred and confusion). These intentions go on to lead to unwise or wise experiences. Suffering or well being is directed as purposeful action.

The thought before the thought or action, karma is specifically how as a self actor motives or willed intentions drives one's thoughts, speech and actions. As a self actor there is a certain disposition or tendency to act out of greed, hatred and confusion (the Five Wise Actions as Wise Reflection are inclined towards awareness and positive responsible behavior). Begun as a self-deluded misunderstanding of life and reality, habitual energies are very much alive and carry over to have far reaching consequences. There is no destiny or fate, but personal responsibility, free will and choices are involved. Through Insight Meditation, Wise Reflection, Wise Action as conduct-virtue, and recognizing the Wisdom Matrix for Conditions Arising, an impulsive habitual nature and conflicts are minimized.

Meditating you are grounded through a Middle Way appreciation that isn't indulging or hostile. Revealed are subconscious dormant, active and transgressing habits. No longer carelessly and impulsively driven as a self actor, insight for one's intentions and actions is known. Modern psychology refers to the subconscious, but Insight Meditation goes on to reveal a self-delusion (multiple actions giving the illusion of the 'one' or self as the Five Groups of Self-Attached Identification—body, feelings, perception, mental reactions and conscious attention) craving's role, related purposeful actions and the Four Noble Truths non-self insight along with the Wisdom Matrix clarification, expose life and reality as they truly are without self-reference. The Middle Way Noble Eightfold Path is then followed on to liberation.

On the universal scale, Conditions Arising causes and effects is in the background as the driving architecture shaping the cosmos. Everything

has its forces, conditions, actions influences and elements as interacting energies—are impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). A primordial evolution of sorts sparking life-actions in general, whether human, animal, plant, vegetable or mineral, each in its own way (even the elemental forces of earth, water, temperature and air) is dominated, influenced and shaped by Conditions Arising purposeful action (the many joining to give the illusion of the ‘one’ or self).

In regards to your own personal experiences, karma specifically as intention or willed action is the deep seated habitual energy driving you to act out as a self actor. A one-sided self-illusion dominates. This mistaken self-view of reality taints one’s thoughts and actions. Craving as the go between link (or the ‘seamstress’), the past joins with the present and goes on to affect the future to have far reaching consequences. Note how a subconscious flashing, self-inspired conceit and a restless energy dominate your actions.

Karma isn’t a point of debate or a philosophical curiosity but is real. Just as a fire has embers that flame, spark and continue to burn, karma smolders and carries over as habitually affecting energies. The karma connection becomes clear during meditation as you try to settle down. Racing thoughts, wild fantasies, sexual desires as well as anger and confusion stand out. From an off based body/mind obsession for the Five Groups of Self-Attached Identification, a self-pursuit dominates as compelling willed actions. Now patient and aware along with a discerning Wise Reflection, recognize the Wisdom Matrix for Conditions Arising as purposeful action.

Connecting with Karma

Wild thoughts suddenly flash. The incredible and unimaginable erupts and you don’t have a clue why such a jumble of thoughts, emotions, feelings and memories appear. Who is this person thinking such outlandish, far-fetched and perverse thoughts? Why can’t the mind be controlled and life improved?

Meditation can be a challenge because of the whirlwind of spinning thoughts. No sooner has one sat down does a subconscious prattle reveal itself and the Monkey Mind distractions invade. In part, the mind likes to be busy as an alert, thinking and conscious experience. But this hum of mental gibberish also reflects one's motives and how self-absorbed ways go on to form as purposeful action. The karma connection becomes clearer during meditation when first trying to calm down and concentrate as a self-obsession dominates.

The four psychological components of the Five Groups interact and play out (feelings, perception, mental reactions and conscious attention). The mind is inquisitive, inspects, deciphers and labels as well as reacts to ongoing actions and experiences. One simply doesn't know how to control, deal with, guide or turn the attachment to a body/mind identification as karmic dominance off. Insight Meditation is the recourse. First relaxing the body, the same is done for the mind. It may be difficult and a challenge to face up to unflattering personal weaknesses, but the pain and torment of ignoring these careless habits and long standing issues is far more detrimental and leads to far reaching suffering consequences. A centered Wise Reflection puts things into perspective. Aware of self-related attachments and how craving leads one on, reality is made foreign and distant. The Three Poisons (greed, hatred and confusion) are a self-expressed downfall.

Sit calmly and acknowledge ongoing feelings and flashing thoughts. View them as though watching a stage show or a movie. Don't judge, discriminate, hate or be frightened by the karmic kaleidoscope (the thought before the thought or action). Simply regard how habitual energies flash. Reflected is a body/mind self-attachment. Each person carries around his or her own personal baggage of problems, insecurities and torments (and the same is true of beneficial actions). Feel how a careless self-absorption leads you astray. No one is without some confusion, wounding or scarring. Follow as awareness intensifies as a personal Wise Reflection to discern the role of the Wisdom Matrix for Conditions Arising as purposeful action rather than self-identified.

Settled and centered through Insight Meditation, the habitual buildup of karmic intent flashes. Greed, hatred and confusion thrive and play out over dormant, active, and transgressing stages and intervals. Note as the breath reflects a self-directed pressure and strain while the body is tense and the mind races about unsettled. The thought before the thought or action, note the ongoing mental dialogue. In turn motives to think, speak and act emerge. Without interacting, follow how the self actor is driven to impulsive actions. A pretty face sparks sexual longing and fantasies. A tense moment brings out anger, fear or insecurity. This is karma as compelling habitual actions—the thought before the thought or action. Follow how self-directed habits and impulses tumble through the mind to then go on and form to be acted on. The many thoughts are simply tendencies and potentials of what could happen and might play out (misunderstanding and impulsive, you are self-indulged). Wisely Reflecting, discern the rambling, mental monologue. Here you consciously realize and direct choices through responsible Wise Action (goodwill, generosity, truthfulness, compassion and sobriety).

Meditating and aware of the undermining restless energy, craving is noted (as desire, for a self-identity or seeking to escape). Karma's tormenting repercussions are discerned. Over time habitual tendencies are curbed. Wise Reflection intensifies as a non-self recognition to realize the Wisdom Matrix causes and effects purposeful action. The present moment is followed through a Middle Way appreciation rather than self extremes for indulgence or aggression.

Awareness Penetration as insight: Initial Contact connects with the breath's quality and mental states; Sustained Contact follows the self-obsessed stream of consciousness; Interest identifies the specific habitual energy (whether greed, hatred or confusion); 'Joy' as a Middle Way appreciation settles the thought impression; and having One-Pointed Clarity as a Wisdom Matrix clarification discerns the self-fulfilling action.

The Thought Before the Thought or Action

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Karma is experienced;**
- **Through the diverse conditions and actions of a body/mind association arising, karma arises;**
- **With the body/mind association ceasing, karma ceases;**
- **And a Middle Way appreciation is followed.**

Sit and feel the present energy or current active disposition—stressed, happy, relieved, anxious or neutral. Connected and playing off one another, be aware how the body and mind communicate. Note the breath's quality, facial tension, clenched jaw as well as the tightening of abdominal muscles and pelvic strain. Sense the general uneasiness which karma as intention injects into your mental dialogue. Acknowledge the flashing, self-directed conceit along with the ongoing restlessness. Feel how an underlying pressure as self-identity is clung to. Slowly begin to feel the shift away from self-absorbed distractions to a settled Middle Way recognition.

Gently direct your awareness towards the mind. Note the recurring conversation echoing within the head. This is the compelling habitual urgency of motives or karma. Follow how intentions ferment to promote a one-sided self-obsession. Note how the self actor is inspired. A Wisdom Matrix recognition, the Three Poisons as dormant, active and transgressing habitual potentials come alive under the right conditions and circumstances. In turn greedy, hateful and confusing impulses dominate. Follow how the mind flourishes through day-dreaming, fantasies, plotting and self-absorbed scenarios. Note how motives flare-up to dominate and overwhelm.

Settling into meditation, feel what it is like NOT to react. As an intensified awareness, the Wisdom Matrix clarification reveals a non-self reality of multiple corresponding actions giving the illusion of the 'one' or self. The subconscious exposed, the thought before the thought or action, karma is revealed as habitually driven impulses. The restless subconscious dialogue dominates day and night. Self-delusion exposed, Wise Reflection is followed as an insight realization for the

Five Groups of Self-Attached Identification. Family, friends, peer pressure, schooling, cultural influences, traditions, and ongoing experiences come together as Conditions Arising causes and effects to create a false self-identification; a body/mind identification dominates.

Each self-directed thought, inclination, fantasy, like and dislike as well as all past and current associations, leaves an habitual imprint on the consciousness and forms as a general personality. A conceited and frenzied restlessness disturbs and shudders through the subconscious. Craving after links past actions with the present and present actions then carry over as future manifestations forging a seductive self-portrait. The thought before the thought or action, a self actor is born, craves after, and is upheld. Like a flame spreading, in each instance you carry, give rebirth and renew your entire self-deluded history.

Why is this? Because pleasure is derived and sought after in the form of a body/mind self-deluded identification. Desire, a self-identity, or seeking to escape are craved after. A one-sided misunderstanding distorts reality. The delusion is on such a grand scale that the self-deception actually seems real. At the whim of your own fantasy, a self-ideal is pursued. When egos collide, sides are taken, arguments erupt, lies are told, sparking disagreements or, worse, even wars break out and rage.

Settled and centered through Insight Meditation, below the calm level dormant, active and transgressing self-potentials are plotted. Exposed is the subconscious and how self-promoted actions carry over. Acknowledge how the mind is warped and pressured by a self-pursuit. Feel how conceit is forged. As a breath awareness, sense the subtle stress and habitual buildup. Acknowledge the compelling agitation as a self-vision is developed and pursued. Habits drive a self-fantasy. Note the restless craving for desire, a self-identity, or to escape. Never a moment's rest, a craved after fantasy thrives. Wisely Reflecting, realize the ongoing karmic urgency.

Acknowledge the habitual buildup. Note the breath's quality as self stifled and repressed. Relax the pressured-filled fixation absorbing you.

Greed is an unsettled drive to seek out, hatred is defensive and combative, and confusion is a disturbed worry and doubt. Follow how the thought before the thought or action flashes seeking an outlet and expression.

The chattering, habitual voice slowly settles and gives way to a calm, non-self realization; from self-preoccupied to an insightful recognition. The realization and penetration of karma reveals how suffering consequences then follow. This isn't a self-substitution or self-repression but a Wisdom Matrix clarification as a true realization of life and release from the Five Groups self-obsessed habitual domination. Wisely Reflecting, the self-illusion is disarmed.

Gently relax the self-absorbed attention. Breath quality calmed, body at ease, mentally you are aware and insightful. Feel as the habitual buildup disperses and the chattering mental dialogue subsides. Self-directed habits momentarily cease. A non-self insight stands out. With karma's urgency absent, the mind rests and detaches from self-fabrication.

Awareness Penetration as insight: Initial Contact connects with the breath's quality and mental states; Sustained Contact follows the self-obsessed stream of consciousness; Interest notes the urgency forming as intention; 'Joy' as a Middle Way appreciation separates from the thought impression; and having One-Pointed Clarity as a Wise Reflection discerns self-related actions.

'Dark' and 'Light' Karma

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Karma (self promoting actions) is experienced;**
- **Through the diverse conditions and actions of karma arising, 'dark' and 'light' karma arises;**
- **With karma ceasing, 'dark' and 'light' karma ceases;**
- **And a Middle Way appreciation is followed.**

Karma has ‘dark’ and ‘light’ or ‘bright’ characteristics—unwise, careless, and morally detrimental or wise, responsible and morally beneficial. Reflected are Conditions Arising causes and effects as purposeful action. Dark karma is based on greed, hatred and confusion; light Karma is based on generosity, goodwill and understanding. Behind the chattering monologue, experience the motivated drive of habitual actions. Karma resonates to direct and dominate your life.

Karma is like a magnet. Whatever the intended action likely attracts a similar reaction. People literally carry around with them their karma or motives (clothing, jewelry, hair style, and demeanor as well as habitual inclination). None is better or worse, but there is a difference in intentions and where one’s actions will lead. Karma also has the side effect to impact others. For example, drinking and driving a person may or may not injure someone in an accident. Thoughts, words and actions have far-reaching consequences. This is why the Five Wise Actions are of such importance—hateful or having goodwill, dishonest or truthful, selfish or generous, lustful or compassionate, intoxicated or sober. A Wisdom Matrix clarification as causes and effects, per one’s intention so one is or becomes—careless or wise.

Dark Karma

Through the intention to think, speak and act ten unwise dark or unbeneficial actions lead to suffering consequences. Three are related to physical action—harming, stealing and sexual misconduct; four relate to speech—lying, slandering, speaking harshly, and gossiping or idle chatter; and three relate to thoughts—covetousness, ill will, and having wrong views (specifically denying the role of purposeful or moral action).

The thought before the thought or action, feel how self-directed conceit and restlessness are burdensome energies. Note how dormant, active and transgressing habitual potentials flash. Through awareness of the breath’s quality connect to recognize how karmic forces shape your life. Note the physical tension and mental stress. Coveting, ill-will, and wrong views are detrimental. In turn you go on to lie, slander, speak harshly, and gossip or, worse, to perform harmful deeds, steal or be involved in sexual misconduct. Note karma’s compelling urgency to act

and react. The body/mind self-attached obsession is stressful, unsettling, and forms through habitual promotions.

The self actor is literally a struggle to breathe and a suffocating breath. Sense the physical manifestation as facial tension, chest pressure as well as stress at the abdomen and pelvic areas. Self is stifling and harmful. Dark Karma is careless, self-absorbed, compromised and dominated by careless habits. The effects are impatience, a quick temper and mental confusion. Bitterness, anger and fear dominate. Overwhelmed by Dark Karma, one lashes out at others, is difficult, abrasive and regularly out of control.

Wisely Reflecting, acknowledge the ongoing mental dialogue of unsettling impulses affecting the thought before the thought or action. Recognize how intentions spring up and in turn lead one to act out through a careless self-obsession. Unwise actions flourish as an automatic response. Feel how coveting, ill will and wrong views cloud the mind. Dominated by self-intentions, in turn words form into speech as lies, slander, or gossip. Actions as harming, stealing, and as sexual misconduct are expressed having the affect of becoming routine habits.

Is one destined and fated to forever be tormented by habitual karma leading to suffering consequences? No. The Middle Way's threefold approach of insight-wisdom, conduct-virtue, and meditation-concentration is followed ending self-domination. Presently aware and Wisely Reflecting, understanding and insight begin to transform a careless creature of habit.

Awareness Penetration as insight: Initial Contact connects with the breath's quality and mental states; Sustained Contact identifies Dark Karma; Interest relaxes the negative thoughts; 'Joy' feels the shift to a Middle Way appreciation away from impulsive actions; and having One-Pointed Clarity, one turns away from detrimental actions.

Light Karma

Through the intention to think, speak and act ten wise light or beneficial actions lead to positive consequences: three relating to physical

actions—goodwill, generosity, compassion; four relate to speech—truthfulness, kindness, politeness and meaningful conversation; and three relate to thoughts—contentment for what you have, shared goodwill, and having right views (realizing the role of purposeful or moral action).

The thought before the thought or action, feel the energy of Light Karma. Note how wholesome dormant, active and transgressing potentials flash. Following the breath's quality connect to recognize how karmic forces go on to shape life. Note the forming of light karma as being open, aware and having Wise Reflection. Present, heedful and good natured, the effects are to be mentally alert and composed as well as patient. Goodwill, generosity, concern and caring direct life. Happy with one's self, you are friendly, easy going and flexible. A simple fulfillment, good will and right views are expressed.

Wisely Reflecting, recognize the intentions of generosity, goodwill and understanding affecting one as the thought before the thought or action. Settled and discerning, the mental dialogue is wholesome. Recognize how beneficial intentions spring up and in turn lead to wise action. Experienced is control over self-obsessed ways. Karma's role has the side affect of positively affecting others. In turn honesty, kindness, and thoughtful speech as actions are based on goodwill, generosity and compassion. Self-domination dissipates. Skillful habits have the affect of controlling the mind and lead to better decision making.

Ten wise, responsible actions flourish. Sharing, goodwill, and having right views or understanding broaden one's perspective. In turn thoughts form as honest, complimentary and appropriate speech. Actions are kind, naturally generous, and not given to impulsive acts.

Insight Meditation and the Middle Way's role are a personal breakthrough recognition ending the craved after self-obsessed suffering cycle. The Wisdom Matrix highlights life and reality as they actually are—as non-self experiences. A freedom beyond karma, the Middle Way appreciation detaches from self extremes. Self-conceit, restlessness and the misguided view for life as self, wisdom is known.

The Ultimate Reality is yet to be experienced—Nirvana as liberating cessation without self-reference or self-promotion and suffering's end.

Awareness Penetration as insight: Initial Contact recognizes the breath's quality and mental states; Sustained Contact identifies the wholesome light karma; Interest relaxes to open to the positive qualities; 'Joy' follows and notes the shift to a Middle Way appreciation away from impulsive actions; and having One-Pointed Clarity, one follows beneficial wholesome actions.

Karma in Action

The classic example of karma is that of a corralled herd of cattle. Weighty Karma is the bull or the strongest motive to come forward from the herd; Random Karma can be any one of a number of motives as a cow or karma emerging; Proximate Karma happens to be that cow or impulse closest to the gate coming out; Habitual Karma is the lead cow as a routine reaction; and Destructive Karma is a harmful or ill-tempered cow lashing out. The focus of Insight Meditation, the Middle Way appreciation and the Wisdom Matrix clarification is to understand, control and finally all together end the self-promoted karmic fall out to suffering.

Weighty Karma

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-promotion is experienced;**
- **Through the diverse conditions and actions of self-promotion arising, Weight Karma arises;**
- **With self-promotion ceasing, Weight Karma ceases;**
- **And a Middle Way appreciation is followed.**

A great deal of life has to do with 'weighty' or dominant karma. Greed, hatred and confusion are ongoing negative detrimental themes. One person can be unsettled by desire, another person is paralyzed by fear and insecurity, while other people have strong anger and resentment that seem to always get the better of them. The mind as consciously

engaged seeks to be busy and active as self-inclined habits are carelessly followed. The Wisdom Matrix clarification for Conditions Arising penetrates the causes and effects action.

Weighty Karma is also important at the moment of death as the 'final' directed thought. A strong-willed habitual energy manifests itself at this time. Nasty or caring, abusive or abused, desiring or humble, cheated or generous, hateful or kind, this can carry over to a future of intense suffering or a pleasant life. Craving after as desire, for a self-identity, or seeking to escape acts to link and join past, present and future actions. It is this streaming karmic psychic energy as a self actor which thrives and not a soul or individual.

Below the level of basic awareness is the persistent hum of self-directed conceit. Connected as a present awareness, acknowledge how overpowering habits stem from self-motivated greed, hatred and confusion. Feel the impulse to automatically react and the heavy burden charging and consuming you. This is closer to an instinct and carelessness as a lack of awareness dominates. Acknowledge how self-related suffering stops for the moment. Settling into the meditation, follow as the Wisdom Matrix as insight intensifies to regard the body/mind connection as multiple actions give the illusion of the 'one' or self.

While a self-identification forms around causes, effects and multiple actions, certain habits flourish over others to create a character or personality type. Recognize the chattering self-monologue. Note the greedy, hateful and confusing potentials. Like a jack-in-the-box ready to pop up, dormant habits lie in wait. Note the weighty impulse seeking to surface as the thought before the thought. Feel how one's attention forms around self-impulsiveness. Whatever the tendency, connect first with the breath's awareness then settling as Wise Reflection to recognize and realize karma's potential. Through a Middle Way appreciation, acknowledge the strong urgency of deeper impulses without reacting or indulging them.

Wisely Reflecting, make contact with intrusive and unsettling habits. Pervasive intentions smother one. The subconscious revealed, experience the complex flashing thoughts to penetrate Weighty Karma. Settling through a body scan, begin to feel the depths of meditative calm and the gradual shift away from worldly impulses. The thought before the thought or action, acknowledge the inner monologue. Note the restless energy compelling you to engage and act on habitual impulses.

Breathe deeply 5-7 times through the nose to help steady the mind. Confusion slowly abates. The self-illusion exposed, note as attachment and impulsiveness weakens. Slowly feel the shift as an unburdened release from self-obsession. Weighty Karma begins to free up and the self-delusion disperses. Self-generated karma momentarily stops. Experience the spaciousness of the moment as a clear, conscious recognition. Note how the impulse and urge to do, become and promote Weighty Karma weakens. Self looks to be busy and involved, but detaching from compelling habits an intuitive insight emerges. Self-generated karma momentarily stops. Wisely Reflecting, feel the relief, joy and well being to be released from craved after self-promotion.

Realized is life as it truly is—impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). The body/mind obsession for the Five Groups of Self Attached Identification—body, feelings, perception, mental reactions and conscious attention are without a self source but rather so many Conditions Arising. Acknowledge the unburdening and shift away from the consequences of self-directed conceit to a non-self realization. Wise Reflection along with Wise Action overrides the compulsion for Weighty Karma. The thought before the thought or action, flourishing habits are controlled and muted. The Wisdom Matrix clarification as insight for purposeful action is discerned and how these conditions go on to play out.

Awareness Penetration as insight: Initial Contact follows the breath's quality and self-obsessed stream of consciousness; Sustained Contact notes the thought before the thought compulsion; Interest identifies the encroaching Weighty Karma; 'Joy' as a Middle Way appreciation turns

towards the appropriate Wise Action; and having One-Pointed Clarity stops Weighty Karma from being expressed.

Random Karma

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-promotion is experienced;**
- **Through the conditions of self-promotion, Random Karma arises;**
- **With self-promotion ceasing, Random Karma ceases;**
- **And a Middle Way appreciation is followed.**

How is it that all at once a long forgotten tune is hummed or a person not thought about in decades comes to mind? These are examples of Random Karma. Confused in one's thinking and absorbed by a self-notion, Random Karma reflects how stray motives pop-up. It is kind of like the weeds that appear after yard cleaning—under the right conditions habitual energies reveal themselves. The Monkey Mind distractions have an impulsive tendency of whatever-the-dice-rolls so is one affected. Compelling habits dominate. The Wisdom Matrix clarification for Conditions Arising penetrates the causes and effects action.

Bordering on the irresponsible, Random Karma appears amusing as flashing associations and habits are triggered. People who are impulsive, blurt things out, and who don't plan ahead are dominated by Random Karma. Horoscopes, astrology, buying a lottery ticket, all put credence into the 'random' side of life. The artistic imagination is linked to Random Karma, allowing for 'creative juices' to flow. A person can also be over the top with misplaced kindness and affection or be mischievous to the point of annoying.

Always wanting, needing, on the look out for something more appealing, a self-directed restlessness compels Random Karma. Follow Random Karma's unsettling of short, quick breaths. Note the subtle tension and stress at the forehead and around the eyes while the stomach can be jumpy as well as having pressure at the chest area. Thoughts are

scattered and impulsive. There is a sense of excitement and amusement as the mind searches. Reflected is an immaturity and how like a puppy, one is carelessly lead astray and chases after anything. Note the symptoms of restlessness and exhaustion. Settling through a body scan, begin to feel the depths of meditative calm and the gradual shift away from worldly impulses. The thought before the thought or action, acknowledge the inner monologue. Note the restless energy compelling you to engage and act on these habitual impulses.

Smothered by pervasive intentions, the habitual buildup of Random Karma is like so many swarming bees. Through a present awareness, make contact with these intrusive and unsettling habits. One is corrupted by pervasive, self-intentions. Experience the complex flashing thoughts to penetrate Random Karma. The subconscious revealed, Wisely Reflecting discern the complex flashing thoughts as insight for Random Karma. The self actor is exposed.

Slowly feel the shift as a weightless release from your self-obsession. Random Karma recedes and disperses. The self-illusion breaks-up and fades away. Acknowledge how self-related suffering stops for the moment. Settling into the meditation, follow how insight for the Wisdom Matrix intensifies to regard the body/mind connection as multiple actions give the illusion of the 'one' or self.

Wisely Reflecting, make contact with intrusive and unsettling habits. Pervasive intentions smother one. The subconscious revealed, experience the complex flashing thoughts to penetrate Random Karma. Settling through a body scan, begin to feel the depths of meditative calm and the gradual shift away from worldly impulses. The thought before the thought or action, acknowledge the inner monologue. Note the restless energy compelling you to engage and act on habitual impulses.

Breathe deeply 5-7 times through the nose to help steady and concentrate the mind. Confusion slowly abates. The self-illusion exposed, note as self-attachment and impulsiveness weaken. Slowly feel the shift to an unburdened release from your self-obsession.

Experience the spaciousness of the moment as a clear, conscious recognition. Random Karma begins to free up and the self-delusion disperses. Note how the impulse and urge to do, become and promote Random Karma weakens. Self looks to be busy and involved, but detaching from these impulsive habits an abiding equanimity is known. Self-generating karma momentarily stops. Wisely Reflecting, feel the relief, joy and well being to be released from craved after self-promotion.

Realized is life as it truly is—impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). The body/mind obsession for the Five Groups of Self Attached Identification—body, feelings, perception, mental reactions and conscious attention are without a self source but rather as so many Conditions Arising. Acknowledge the unburdening and shift away from the consequences of self-directed conceit to a non-self realization. Wise Reflection along with Wise Action overrides the compulsion for Random Karma. The thought before the thought or action, habits are controlled and muted. The Wisdom Matrix clarification as insight for purposeful action is realized and how these conditions go on to play out.

Awareness Penetration as insight: Initial Contact follows the breath's quality and self-obsessed stream of consciousness; Sustained Contact notes the thought before the thought compulsion; Interest identifies the encroaching Random Karma; 'Joy' as a Middle Way appreciation turns towards the appropriate Wise Action; and having One-Pointed Clarity stops Random Karma from being expressed.

Proximate Karma

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-promotion is experienced;**
- **Through the diverse conditions and actions of self-promotion arising, Proximate Karma arises**
- **With self-promotion ceasing, Proximate Karma ceases;**
- **And a Middle Way appreciation is followed.**

Similar to Random Karma, Proximate Karma is going with and following on one's first impulse. Life happens all too quickly as one tries to cope and is on edge. Deadlines, stuck in commuter traffic, multi-tasking at work, juggling family responsibilities, or finishing school, all tend to lead to Proximate Karma. Quick to anger, impatient, neglectful and bewildered, self-related greed, anger and confusion dominate. Surging emotions are overwhelming. The results are unpredictable and the outcome unclear. Worldly pursuits are patterned on self-deception. The mind as a conscious attention seeks to be busy and active as self-directed habits are followed. The Wisdom Matrix clarification for Conditions Arising penetrates the causes and effects action.

Overwhelmed by pervasive intentions, discern the complex flashing thoughts to penetrate Proximate Karma. Wisely Reflecting, make contact with these intrusive and unsettling habits. The subconscious revealed, experience the complex flashing thoughts penetrating Proximate Karma. Settling through a body scan, begin to feel the depths of meditative calm and the gradual shift away from worldly impulses. The thought before the thought or action, acknowledge the inner monologue. Note the restless energy compelling you to engage and act on these habitual impulses.

Breathe deeply 5-7 times through the nose to help steady and concentrate the mind. Confusion slowly abates. The self-illusion exposed, note as attachment and impulsiveness weaken. Slowly feel the shift to an unburdened release from your self-obsession. Proximate Karma begins to free up and the self-delusion disperse. Self-generated karma is momentarily halted. Acknowledge the ease, relief and release from self-victimization. Experience the spaciousness of the moment as a clear, conscious recognition. Note how the impulse and urge to do, become and promote Proximate Karma weakens. Self looks to be busy and involved, but detaching from these impulsive habits an abiding equanimity is known. Self-generated karma momentarily stops. Wisely Reflecting, feel the relief, joy and well being to be released from craved after self-promotion.

Realized is life as it truly is—impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). The body/mind obsession for the Five Groups of Self Attached Identification—body, feelings, perception, mental reactions and conscious attention are without a self source but rather so many Conditions Arising. Acknowledge the unburdening and shift away from the consequences of self-directed conceit to a non-self realization. Wise Reflection along with Wise Action overrides Proximate Karma's compulsion. The thought before the thought or action, flourishing habits are controlled and muted. The Wisdom Matrix clarification as insight for purposeful action is realized and how these conditions go on to play out.

Awareness Penetration as insight: Initial Contact follows the breath's quality and self-obsessed stream of conscious; Sustained Contact notes the thought before the thought compulsion; Interest identifies the encroaching Proximate Karma; 'Joy' as a Middle Way appreciation turn towards the appropriate Wise Action; and having One-Pointed Clarity stops Proximate Karma from being expressed.

Habitual Karma

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-promotion is experienced;**
- **Through the diverse conditions and actions of self-promotion arising, Habitual Karma arises;**
- **With self-promotion ceasing, Habitual Karma ceases;**
- **And a Middle Way appreciation is followed.**

Stemming from longstanding impulses, an automatic habitual tendency is highlighted. The result is upset and suffering. Boredom, dislike, anger or fear show when uncomfortable or confused. Thinking one is doing the right thing, a self-approach dominates. Disconnected from the present and not understanding life are contributing factors. The mind as a conscious attention seeks to be busy and active as self-inclined habits are followed. The Wisdom Matrix clarification for Conditions Arising penetrates the causes and effects action.

Habitual Karma reveals itself as a nervous twitch or forced smile; stuttering when unnerved or angry; shoulders hunched over when depressed; a rolling of the eyes or wrinkling of the forehead when threatened or in doubt. Habitual Karma quickly leads to compromising responses and actions. An angry person is disliked, a bitter person is rebuffed; a selfish person ends up being needy; a lustful person gives in routinely to fruitless desire. Habitual Karma along with Weighty Karma are deciding factors in the transferring and continuation of karmic self-disposed energy.

Wisely Reflecting, make contact with these intrusive and unsettling habits. The subconscious revealed, experience the complex flashing thoughts penetrating Habitual Karma. Settling through a body scan, begin to feel the depths of meditative calm and the gradual shift away from worldly impulses. The thought before the thought or action, acknowledge the ongoing monologue. Note the restless energy compelling you to engage and act on these habitual impulses.

Breathing deeply 5-7 times through the nose helps steady the mind. Slowly confusion abates. The self-illusion exposed, note as attachment and impulsiveness weaken. Slowly feel the shift to an unburdened release from self-obsession. Habitual Karma begins to free up and the self-delusion disperses. Experience the spaciousness of the moment as a clear, conscious recognition. Note how the impulse and urge to do, become and promote Random Karma weakens. Self looks to be busy and involved, but detaching from these impulsive habits an abiding equanimity is known. Self-generated karma momentarily stops. Wisely Reflecting, feel the relief, joy and well being to be released from craved after self-promotion.

Realized is life as it truly is—impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). The body/mind obsession for the Five Groups of Self Attached Identification—body, feelings, perception, mental reactions and conscious attention are without a self source but rather so many Conditions Arising. Acknowledge the unburdening and shift away from the consequences of self-directed conceit to a non-self realization. Wise Reflection along

with Wise Action overrides the compulsion for Habitual Karma. The thought before the thought or action, flourishing habits are controlled and muted. The Wisdom Matrix clarification as insight for purposeful action is discerned and how these conditions go on to play out.

Awareness Penetration as insight: Initial Contact follows the breath's quality and self-obsessed stream of consciousness; Sustained Contact notes the thought before the thought compulsion; Interest identifies the encroaching Habitual Karma; 'Joy' as a Middle Way appreciation turns towards the appropriate Wise Action; and having One-Pointed Clarity stops Habitual Karma from being expressed.

Destructive Karma

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Self-promotion is experienced;**
- **Through the diverse conditions and actions of self-promotion arising, Destructive Karma arises**
- **With self-promotion ceasing, Destructive Karma ceases;**
- **And a Middle Way appreciation is followed.**

Irrational phobias, fears, eating disorders, paranoia, upset, serious illnesses and violent episodes are poignant examples of Destructive Karma as you are your own worst enemy. A quick temper is alienating while desire is an exhausting quest for gratification. Trying a materialistic route results in dissatisfaction. Destructive karma is indulgent, out of control, vicious, a detriment and all together harmful. The Wisdom Matrix clarification for Conditions Arising penetrates the causes and effects action.

Overpowering habits and motives are detrimental but also harms others. Greed is insatiable. Hatred leads to bitterness and revenge or, worse, harming. Confusion affects as worry and a pervasive doubt stands out. There is indignation and a desperation to one's actions. Ill will and harming lead to anger, fear, sickness and a shortened life. Physical deformity and disabilities come from vicious actions. Stealing has the effect of poverty, misery, and having unfulfilled desires and,

ironically, being dependent. Sexual misconduct creates mistrust, unstable relationships and being prone to disease. Lying and careless speech leads to abuse, being vilified, distrusted, and potentially having chronic illness. Closer to being a monster, acknowledge the upheaval of Destructive Karma.

Wisely Reflecting, make contact with these intrusive and unsettling habits. The subconscious revealed, experience the complex flashing thoughts penetrating Destructive Karma. Settling through a body scan, begin to feel the depths of meditative calm and the gradual shift away from worldly impulses. The thought before the thought or action, acknowledge the inner monologue. Note the restless energy compelling you to engage and act on these habitual impulses.

Breathe deeply 5-7 times through the nose to help steady and concentrate the mind. Slowly confusion abates. The self-illusion exposed, note as attachment and impulsiveness weaken. Feel the shift to an unburdened release from self-obsession. Experience the spaciousness of the moment as a clear, conscious recognition. Destructive Karma begins to free up and the self-delusion disperses. Note how the impulse and urge to do, become and promote Destructive Karma weakens. Self looks to be busy and involved, but detaching from these impulsive habits an abiding equanimity is known. Self-generated karma momentarily stops. Wisely Reflecting, feel the relief, joy and well being to be released from craved after self-promotion.

Realized is life as it truly is—impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). The body/mind obsession for the Five Groups of Self Attached Identification—body, feelings, perception, mental reactions and conscious attention are without a self source but rather so many Conditions Arising. Acknowledge the unburdening and shift away from the consequences of self-directed conceit to a non-self realization. Wise Reflection along with Wise Action overrides the compulsion for Destructive Karma. The thought before the thought or action, flourishing habits are controlled and muted. The Wisdom Matrix clarification as insight for purposeful action is discerned and how these conditions go on to play out.

Awareness Penetration as insight: Initial Contact follows the breath's quality and notes the ongoing self-obsessed stream of consciousness; Sustained Contact notes the thought before the thought compulsion; Interest identifies the encroaching Destructive Karma; 'Joy' as a Middle Way appreciation turn towards the appropriate Wise Action; and having One-Pointed Clarity stops Destructive Karma from being expressed.

The Transferring of Karmic Energy

Prompted by motives (the thought before the thought or action), karma as compelling habitual-actions leads to self-related detrimental thoughts, speech and actions forming. A non-stop mental monologue reveals karma's insurgent voice. You can't touch or grasp this energy, but nevertheless it is real, identifiable and has repercussions. Dormant, active and transgressing habit potentials thrive as a stream of conscious self-promotion. Craving as desire, a self-identity, or seeking to escape is the go-between link joining the past with the present and on to future consequences. There is a clear trail for how karmic dynamics transfer over.

As a motion picture is a series of spliced together action sequences, look at a scene from any present life experience. A personal narrative carries over as a moment-to-moment self-sequel (body, feelings, perception, mental reactions and conscious attention). Flashing thoughts, habits, memories and rapid fire associations, the haunting jabbering echoing in the head, the urge to act and react, are a stream of conscious karmic thriving energies. With every passing moment the whole of your self-identified attachments are transferred over. You literally will yourself to be and repeatedly give birth to self-associated greed, hatred and confusion. A Wisdom Matrix recognition for Conditions Arising as causes and effects, a suffering cycle plays out.

Never exactly the same, the self-generated ordeal goes on to continually be renewed over many life times and incarnations. While the physical body comes to an end, yet a lingering habitual energy thrives seeking an outlet. So strong is the death bed final thought that

the self-related impression carries over to immediately be reborn and reinstated. Not only is the male-female union required, but also the projection of a dying person's stream of conscious energy to complete the birth process. Depending on the final thought impression, the craved after identity is born into an unpleasant or pleasant state. Formed as purposeful action, there are detrimental or beneficial results and consequences for everything thought, spoken and performed.

The closest example and connection to death's final conscious transferring is when sleeping. As the body relaxes, mental energies stand out and come to the forefront. Who hasn't been consumed while trying to sleep with anger, foreboding, sexual fantasies, trips down memory lane, regrets, or wild dreams? While sleeping one sinks into the abyss of karmic potential. At first dreams seem unintelligible, but looking deeper self-consumed greed, hatred, and confusion stand out. Understanding karma's affects, the Wisdom Matrix for Conditions Arising causes and effects becomes clear: the drive to fulfill sensual desires, the drive to fulfill an existence, driven by misunderstanding life as self. Wisely Reflecting, meditation and awareness deepen to recognize how purposeful actions underscore everything.

While dreams are a mix of fantasy and real life, they can help understand how karma has a deeper underlying effect. If during the day you saw someone attractive the connection is to have a sexual dream. The karmic connection becomes clear. The same is true with an angry encounter reflected as a nightmare and so on.

Karma can better be understood through analogies and examples rather than intellectual explanations. Think of karma as a blood transfusion. All the biological make-up (or in this case habitual psychological karmic make-up) is transferred and goes on to thrive in the host body. Or try imagining karma as a kidney or heart transplant. The energy of the 'old' organ continues in the host and affects the operated on recipient. By passing and spanning the conventional notion of time, karma can also be seen as radio waves which are invisible yet carry a message traversing the normal time continuum.

Karma is most often expressed in terms of a flame. The compelling karmic flame or energy from the deceased passes to join in a new host's body to continue burning and thriving, but is never exactly the same and changes. Free will and individual choice are involved. The fire changes as it spreads and the potential possibilities are endless. The outcome, however, blazes around a self-generated bonfire. Karma reveals the complex direction self-motivated actions take. Overlapping, convoluted, and transcending the normal straight-forward time frame, karma's 'big picture' is complex and intertwined. Discerned is the Wisdom Matrix clarification for Conditions Arising causes and effects purposeful action.

Settled and centered through a body scan, follow the breath's quality and present mental state. Acknowledge the dormant, active and transgressing habitual energies. You can only be in one place at a time—either carelessly distracted or Wisely Reflecting and engaged; habitually dominated or discerning the Wisdom Matrix causes and effects. The first is a gross self-misnomer leading to suffering and the second is the wisdom directed to penetrating self-deluded illusion and ending suffering. Acknowledge how the self-burden is engaged as a thought before the thought or action. Karmic habitual energies thrive and play out as impulsive thoughts, speech and actions. There is a clear causes and effects action relationship.

Feel what it is like NOT to be consumed by overwhelming and dominating habits. Note the spaciousness and relief as the Wisdom Matrix clarification penetrates the non-self purposeful action recognition. Not everything is about self—only delusion, craving after and attachments are. Self-willed karma is controlled and subsides during meditation. Feel the release and unburdening from compelling self-related urgencies. Sense how craving as a self-compulsion settles. Note what it is like to stop frantic, self-consumed ways. The thought before the thought or action, the karmic streaming monologue falls silent. Nothing moves faster than thought communicated self-forming instances. Meditation slows down the karmic streaming dialogue. Craving stands out as the catalyst, linking together past-to-future self-inspired actions and consequences. Karma like a flame sparks

reactions and leads to a suffering fallout. The breath's quality is tense, the body flinches while the mind meanders confused.

Without baring down to dwell on the complex potentials, follow the shift in breath quality as you settle down. The non-stop chattering mental activity begins to quiet. The habitual buildup slowly disperses. Past self-obsessed actions are stopped from future suffering manifestations. Feel how self-directed conceit and restlessness have momentarily halted. The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned.

Ring the Karma Bell

Motives reverberate to be expressed as actions. Every time one unwittingly craves self-associated greed, hatred or confusion sound off. Following a body scan, note the breath's quality and the Three Poisons' affect. Note which habit is echoing and its charge. Greed is a repetitive excited ringing. Hatred is a loud vicious clamoring. Confusion is a dull, annoying clanging. When the mind settles, self-attachments and craving fall silent. Through Insight Meditation's settling, Wise Reflection, and a Middle Way approach, karma is controlled and muted.

Feel the buildup of resonating dormant, active and transgressing habitual clatter. The internal dialogue is a loud chattering. Greed, hatred and confusion are impulsively acted on. Acknowledge the Wisdom Matrix for Conditions Arising pressures and influences as resonating charged action combinations. The thought before the thought or action, a yapping of needs, fears and anxieties ring inside the head. Feel how self-motivated energy strikes. Note how consciousness is tormented by multiple self-inspired and directed conditions. In turn thoughts, speech and actions lead to upset, conflicts, problems and suffering. Realizing the self-volume, note how a self-clamored karma dominates life.

Breathe deeply 5-7 times through the nose. Relax the one-sided craved after self-attachment. Allow the obsessive din to settle. Feel how charged motives fall off to a faint whisper and then go on to cease.

Recognize the Wisdom Matrix for Conditions Arising and the non-self insight to spaciousness or emptiness. Without the corresponding conditions for the Five Groups of Self-Attached Identification, self-clamoring action is muted and opens to a non-self freeing realization.

Goodwill, generosity, honesty, abstinence and sobriety are wholesome tones. When a habitual energy does flare up, follow how the mind narrows around it. Insight Meditation, the Middle Way appreciation along with the Wisdom Matrix recognition, Wisely Reflecting the self-inspired volume quiets. Feel the relief from the self-preoccupied cacophony. Again karma is considered as dark (detrimental) or as light (beneficial) energies.

Awareness Penetration as insight: Initial Contact follows the breath's quality and mental states; Sustained Contact identifies the self-chattering dialogue; Interest relaxes the compelling pressure and karmic urgency; 'Joy' arises as a Middle Way appreciation separating from the thought impression; and having One-Pointed Clarity discerns the self-focused actions.

Karma and the Five Groups of Self-Attached Identification

Reality is mistaken to be a body/mind self-identification; a craving after to fulfill a self-charade (the drive to fulfill desire, the drive to fulfill existence, driven by misunderstanding life as self). In turn one acts out of self-motivated greed, hatred and confusion. This confusion and misunderstanding (also referred to as ignorance or not clearly understanding life and reality), leads one to suffering consequences. The thought before the thought or action, habitual motives compel one to pursue and fulfill a self-delusion. While the Five Groups makeup a human identity, it is important to realize how karma as intention promotes and continues the body/mind experience with craving after linking the past, present and future action episodes.

The Karmic Body

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Five Groups of Self-Attached Identification are experienced;**
- **Through the diverse conditions and actions of the Five Groups of Self-Attached Identification arising, the karmic body arises;**
- **With the Five Groups of Self-Attached Identification ceasing, the karmic body ceases;**
- **And a Middle Way appreciation is followed.**

Looks, vanity, pampering, nip and tuck plastic surgeries, all revolve around the karma for the body as self. On the basic level, the breath affects the entire physiology as a charged physical identification. Caught up in a delusion, life is viewed as self in origin rather than Conditions Arising purposeful action.

Settled and centered after a body scan, allow the jaw to drop slightly and for facial muscles to stretch while relaxing the chest, abdominal and pelvic areas. Recognize the self-related tension reflected within the breath. Eyes, ears, nose, tongue, touch and mental impressions are temporarily restrained and subdued. Insight Meditation allows for a break from the charged sensual go-around and distracting activities to follow a Middle Way appreciation. Note the drop off in urgency to act or react and also how self-identification has momentarily abated.

Generated as an intention or motive related to the body, sense how a subconscious monologue perpetuates and longs to fulfill a physical identity. Craving after, desire seeks sensual expression. A Hollywood glamour ideal, vanity exceeds basic health requirements. Hair is cut to a certain style or perhaps dyed, tattoos cover the skin, jewelry is worn as adornment, while clothes communicate a certain appeal. Awareness intensifying as Wise Reflection, the Wisdom Matrix for Conditions Arising causes and effects relating to physical karma is noted. Perpetuated over and over is a habitual urgency seeking out sensual desire and craving as an identification. Acknowledge the search for security, refuge and fulfillment through physical expression. It would seem absurd to think or assume that the body wasn't real. After all bones, organs and skin nicely fit together. But the truth is the body is

impermanent and reflects the Wisdom Matrix of conditioned states as multiple actions give the illusion of the 'one' or self. The body is nourished from outside sources then weakens, sickens, ages and dies.

Here in the Sense Realm, the body dominates as a self-identification. Self-obsessed, a craving after self-connection is pursued. Note the pressure and activity as a challenging mental dialogue drives you on. Feel the stress as restricted breathing, drawn facial muscles, tightened throat, chest compressed as well as abdominal and pelvic tension. Physical attachments are literally exhausting.

Recognize the habitual karmic build up. Awareness intensifying as Wise Reflection, the Wisdom Matrix clarification for purposeful action discerns wave after wave of past to present to future generated karmic action instances for the body as self-identification. Acknowledge the thought before the thought or action as a subconscious urgency drives one towards self-fulfillment. Craving as desire, as self-identification or seeking to escape, note the underlying activity connected with the body. The subconscious revealed, note the mental dialogue plotting out what is beneficial, seemingly indispensable and what is to be avoided.

Follow as Wise Reflection penetrates self-conceit and restlessness. Note how motives as generated karma directs one. Slowly realize how a physical ideal is promoted. Note how these attachments go on to perpetuate and carry over as craving to future manifestations. Without a body, where would self-identification be? A Wisdom Matrix recognition, conditions, actions, influences and elements give the illusion of the 'one' or self.

Awareness Penetration as Insight: Initial Contact follows the breath's quality and physical energies; Sustained Contact notes the habitual stream of consciousness for the body and the deeper generated karmic impulses; Interest notes the self-attachment for a physical ideal; 'Joy' as a Wisdom Matrix recognition disengages from self-associated craving for the body; and having One-Pointed Clarity discerns self-inspired actions.

Dizzying karmic impulses are discerned and slowed. As a Middle Way appreciation, acknowledge how self-pursued suffering has temporarily stopped. Wisely Reflecting, personal insight and understanding emerge and are engaged. Self-attachments weaken—the body as a body without self-identification.

Karmic Feelings

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Five Groups of Self-Attached Identification are experienced;**
- **Through the diverse conditions and actions of the Five Groups of Self-Attached Identification arising, karmic feelings arise;**
- **With the Five Groups of Self-Attached Identification ceasing, the karmic feelings cease;**
- **And a Middle Way appreciation is followed.**

Sensory stimulation brings pressure. All day long the eyes, ears, nose, tongue, touch and mental receptors are experienced as electrically charged. Awareness intensifying as Wise Reflection, the Wisdom Matrix for Conditions Arising causes and effects as feelings related to karma are noted. Self-inspired desired gratification is mistaken as a self-identification. Closer to an addiction, sensual indulgence dominates. Pleasurable contacts are sought out while painful situations are avoided, and neutral moments are ignored. Acknowledge the ongoing mental monologue consuming the self actor. Caught up in a delusion, life is viewed as self in origin rather than Conditions Arising purposeful action.

Settled and centered after a body scan, allow the jaw to drop slightly and for facial muscles to stretch while relaxing the chest, abdominal and pelvic areas. Recognize the self-related tension reflected within the breath. Eyes, ears, nose, tongue, touch and mental impressions are temporarily restrained and subdued. Insight Meditation allows for a break from the charged sensual go-around and distracting activities to

follow a Middle Way appreciation. Note the drop off in urgency to act or react and also how self-identification has momentarily abated.

Recognize the habitual karmic buildup. Awareness intensifying as a Wise Reflection, the Wisdom Matrix clarification for purposeful action discerns wave after wave of past to present to future generated karmic action instances for sense contacted feelings as self-identification. Acknowledge the thought before the thought or action as a subconscious urgency drives one towards a self-fulfillment. Craving as desire, as self-identification or seeking to escape, note the subconscious activity connected with feelings. The subconscious revealed, note the mental dialogue plotting out what is beneficial, seemingly indispensable and what to avoid.

Follow as Wise Reflection penetrates self-conceit and restlessness. Note how motives as generated karma directs one. Slowly realize how a sense contacted ideal is promoted. Note how these attachments go on to perpetuate and carry over as craving to future manifestations. Without feelings, where would self-identification be? A Wisdom Matrix recognition, conditions, influences and elements give the illusion of the 'one' or self.

Awareness Penetration as Insight: Initial Contact follows the breath's quality and feelings; Sustained Contact notes the habitual stream of consciousness for feelings and the deeper generated karmic impulses; Interest notes the self-attachment for feelings; 'Joy' as a Middle Way appreciation disengages from self-associated craving for feelings; and having One-Pointed Clarity discerns self-inspired actions.

Dizzying karmic impulses are discerned and slowed. As a Middle Way appreciation, acknowledge how self-pursued suffering has temporarily stopped. Wisely Reflecting, personal insight and understanding emerge and are engaged. Self-attachments weaken—feelings as feelings without self-identification.

Karmic Perception

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Five Groups of Self-Attached Identification are experienced;**
- **Through the diverse conditions and actions of the Five Groups of Self-Attached Identification arising, karmic perception arises;**
- **With the Five Groups of Self-Attached Identification ceasing, karmic perception ceases;**
- **And a Middle Way appreciation is followed.**

Identifying experiences, an engaged perception through the six senses takes place. Awareness intensifying as Wise Reflection, the Wisdom Matrix for Conditions Arising causes and effects as perceived karma is noted. Eyes perceive forms, ears perceive sounds, nose perceives smells, tongue perceives tastes, touch perceives tactile, and mind perceives conscious attention and phenomena in general. Yet what is perceived is blurred by a self-bias. The well known example is that of a rope or stick mistaken to be a snake. Put eye-witnesses together and they come up with conflicting versions. Perception is limited by self-identification. Caught up in a delusion, life is viewed as self in origin rather than Conditions Arising purposeful action.

Settled and centered after a body scan, allow the jaw to drop slightly and for facial muscles to stretch while relaxing the chest, abdominal and pelvic areas. Recognize the self-related tension reflected within the breath. Eyes, ears, nose, tongue, touch and mental impressions are temporarily restrained and subdued. Insight Meditation allows for a break from the charged sensual go-around and distracting activities to follow a Middle Way appreciation. Note the drop off in urgency to act or react and also how self-identification has momentarily abated.

Recognize the habitual karmic build up. Awareness intensifying as Wise Reflection, the Wisdom Matrix clarification for purposeful action discerns wave after wave of past to present to future generated karmic action instances for perception as self-identification. Acknowledge the thought before the thought or action as a subconscious urgency driving

one towards a self-fulfillment. Craving as desire, as self-identification or seeking to escape, note the underlying activity connected with perception. The subconscious revealed, note the mental dialogue plotting out what is beneficial, seemingly indispensable and what is to be avoid.

Follow as Wise Reflection penetrates self-conceit and restlessness. Awareness intensifying as Wise Reflection, the Wisdom Matrix clarification for purposeful action discerns wave after wave of past to present to future generated karmic action instances for perception as self-identification. Acknowledge the thought before the thought or action as a subconscious urgency drives one towards self-fulfillment. Note how motives as generated karma directs one. Slowly realize how a perceived ideal is promoted. Note how these attachments go on to perpetuate and carry over as craving to future manifestations. Without perception, where would self-identification be? A Wisdom Matrix recognition, conditions, influences and elements give the illusion of the 'one' or self.

Awareness Penetration as Insight: Initial Contact notes the breath's quality and perception; Sustained Contact follows the habitual stream of consciousness for perception and the deeper generated karmic impulses; Interest notes the attachment for perception; 'Joy' as a Middle Way appreciation disengages from self-associated craving for perception; and having One-Pointed Clarity discerns self-inspired actions.

Dizzying karmic impulses are discerned and slowed. As a Middle Way appreciation, acknowledge how self-pursued suffering has temporarily stopped. Wisely Reflecting, personal insight and understanding emerge and are engaged. Self-attachments weaken—perception as perception without self-identification.

Karmic Mental Reactions

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Five Groups of Self-Attached Identification are experienced;**
- **Through the diverse conditions and actions of the Five Groups of Self-Attached Identification arising, karmic mental reactions arise;**
- **With the Five Groups of Self-Attached Identification ceasing, karmic mental reactions cease;**
- **And a Middle Way appreciation is followed.**

A personal history as autobiography dominates and stirs subconscious motivated thoughts. Awareness intensifying as Wise Reflection, the Wisdom Matrix for Conditions Arising causes and effects as mental reacted karma is noted. Family, friends, schooling, peer pressure, cultural influences and traditions all go in to forming the likes and dislikes surrounding a self-based persona. Closer to an imprinting, these personal episodes have a limiting and scarring affect. An abused child goes on to be a victim or an angry person; a loved child is well-rounded and responsible. Family fighting and divorce make for a troubled youth while a nurturing family relationship likely leads to well being. Worldly Ways or vicissitudes also have an affect as so many pressured demands, distractions and temptations. Caught up in a delusion, life is viewed as self in origin rather than Conditions Arising purposeful action.

Settled and centered after a body scan, allow the jaw to drop slightly and for facial muscles to stretch while relaxing the chest, abdominal and pelvic areas. Recognize the self-related tension reflected within the breath. Eyes, ears, nose, tongue, touch and mental impressions are temporarily restrained and subdued. Insight Meditation allows for a break from the charged sensual go-around and distracting activities to follow a Middle Way appreciation. Note the drop off in urgency to act or react and also how self-identification has momentarily abated.

Recognize the habitual karmic build up. Awareness intensifying as Wise Reflection, the Wisdom Matrix clarification for purposeful action discerns wave after wave of past to present to future generated karmic action instances for mental reactions as self-identification. Acknowledge

the thought before the thought or action as a subconscious urgency drives one towards a self-fulfillment. Craving as desire, as self-identification or seeking to escape, note the underlying activity connected with mental reactions. The subconscious revealed, note the mental dialogue plotting out what is beneficial, seemingly indispensable and what is to be avoided.

Follow as Wise Reflection penetrates self-conceit and restlessness. Note how motives as karma directs one. Slowly realize how a mental ideal is promoted. Note how these attachments go on to perpetuate and carry over as craving to future manifestations. Without mental reactions, where would your self-identification be? A Wisdom Matrix recognition, conditions, influences and elements give the illusion of the 'one' or self.

Awareness Penetration as Insight: Initial Contact follows the breath's quality and mental reactions; Sustained Contact notes the habitual stream of consciousness for mental reactions and the deeper generated karmic impulses; Interest notes the attachment to mental reactions; 'Joy' as a Middle Way appreciation disengages from self-associated craving for mental reactions; and having One-Pointed Clarity discerns self-inspired actions.

Dizzying karmic impulses are discerned and slowed. As a Middle Way appreciation, acknowledge how self-pursued suffering has temporarily stopped. Wisely Reflecting, personal insight and understanding emerge. Self-attachments weaken—mental reactions as mental reactions without self-identification.

Karmic Conscious Attention

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **The Five Groups of Self-Attached Identification are experienced;**
- **Through the diverse conditions and actions of the Five Groups of Self-Attached Identification arising, karmic conscious attention arises;**

- **With the Five Groups of Self-Attached Identification ceasing, karmic conscious attention ceases;**
- **And a Middle Way appreciation is followed.**

Sense stimulated actions make up for a general conscious recognition for life experiences. There are eyes, ears, nose, tongue, tactile and mind conscious attention associated with sensory engaged actions. Awareness intensifying as Wise Reflection, the Wisdom Matrix for Conditions Arising causes and effects as conscious karma is noted. Without the appropriate contacted stimulation and associated action there would be no consciousness. Conscious attention is more diverse than perception, but divisive in how it separates and breaks up the present field into self-identified categories. Caught up in a delusion, life is viewed as self in origin rather than Conditions Arising purposeful action.

Settled and centered after a body scan, allow the jaw to drop slightly and for facial muscles to stretch while relaxing the chest, abdominal and pelvic areas. Recognize the self-related tension reflected within the breath. Eyes, ears, nose, tongue, touch and mental impressions are temporarily restrained and subdued. Insight Meditation allows for a break from the charged sensual go-around and distracting activities to follow a Middle Way appreciation. Note the drop off in urgency to act or react and also how self-identification has momentarily abated.

Recognize the habitual karmic build up. Awareness intensifying as Wise Reflection, the Wisdom Matrix clarification for purposeful action discerns wave after wave of past to present to future generated karmic action instances for conscious attention as self-identification. Acknowledge the thought before the thought or action as a subconscious urgency driving one towards a self-fulfillment. Craving as desire, as self-identification or seeking to escape, note the underlying activity connected with conscious attention. The subconscious revealed, note the mental dialogue plotting out what is beneficial, seemingly indispensable and what is to be avoid.

Follow as Wise Reflection penetrates self-conceit and restlessness. Note how motives as generated karma directs one. Slowly realize how a conscious ideal is promoted. Note how these attachments go on to perpetuate and carry over as craving to future manifestations. Without conscious attention, where would your self-identification be? A Wisdom Matrix recognition, conditions, pressures, influences and elements give the illusion of the 'one' or self.

Awareness Penetration as Insight: Initial Contact follows the breath's quality and conscious attention; Sustained Contact turns to note the habitual stream of consciousness for Conscious Attention and the deeper generated karmic impulses; Interest notes the self-attachment for conscious actions; 'Joy' as a Middle Way appreciation disengages from self-associated craving for conscious attention; and having One-Pointed Clarity discerns self-inspired actions.

Dizzying karmic impulses are discerned and slowed. As a Middle Way appreciation, acknowledge how self-pursued suffering has temporarily stopped. Wisely Reflecting, personal insight and understanding emerge and are engaged. Self-attachments weaken—conscious attention as conscious attention without self-identification.

The Craving Link

The Wisdom Matrix clarification for Conditions Arising causes and effects is discerned:

- **Feelings (pleasant, painful and neutral) are experienced;**
- **Through the diverse conditions and actions of feelings arising, craving arises;**
- **With feelings ceasing, craving ceases;**
- **And a Middle Way appreciation is followed.**

A movie is an overlapping sequence of spliced together action moments. Seeing only the end one wouldn't understand what transpired without going back to the beginning. The framed instances are united by a past, present and future storyline with craving for desire,

self-identity or seeking to escape linking each personally attached episode and connecting the frame-like or life episode instances.

Craving emerges from the subconscious shadows to take center stage as dormant, active and transgressing habits seek expression and an outlet. Misunderstanding life as self, comfortable sense pleasures are pursued and everything is done to uphold this attachment. Life is experienced as short lived, dissatisfying, disappointing and a suffering (sorrow, lamentation, pain, grief and despair).

A Pandora's Box of self-potentials, an instant before there was only a contacted felt moment and the self actor was a faint whisper. Now follow how self-identification escalates to a wild uproar as karmic intentions rage and emerge from the subconscious. Under the right conditions, actions, influences and elements, dormant, active and transgressing habitual potentials appear and are engaged. Craving is the actual moment when habits actively come forward to play out and culminate as suffering consequences.

A mistaken self-reference, acknowledge the body/mind obsession for the Five Groups of Self-Attached Identification. Reflected are multiple actions giving the illusion of the 'one' or self. Slowly allow the self-charged habits to disperse. Note how a self-upheld fixation for the Five Groups are craved after. Craving then transfers over the entirety of one's self-charged history.

Wisely Reflecting, feel the shift away from self-pressured motives to the Wisdom Matrix insight for purposeful action and the release from burdensome self-attachments. Through a Middle Way appreciation, distinguish the self extremes for gratification and indulgence as well as hostility and aggression. Karma's compelling urgency is momentarily halted. Habitual impulses relax and the present is wisely discerned. A Wisdom Matrix penetration into the illusion of self-promoted causes and effects, suffering stops.

Awareness Focusing as insight: Initial Contact connects with the breath's quality and mental states; Sustained Contact feels how craving

arises inspired by past habitual instances; Interest notes how the attention collapses around craving to carry over as an action potential; 'Joy' as a Middle Way appreciation is followed turning away from craving; and having One-Pointed Clarity recognizes the Wisdom Matrix for Conditions Arising causes and effects purposeful action rather than self-disposed.

Karmic Depths

Established and connected as an awareness for the body, feelings, mind and life-actions, realize the ongoing subconscious karmic potentials and repercussions. Below the level of general awareness is a self-inspired conceit and restless dialogue of habitual energy driving one on. Settling and centered through Insight Meditation, note how a thought, emotion, memory or impulse flashes. Self-associated greed is tempting, hatred wells up, and confusion as doubt is tormenting. Through Insight Meditation, a Middle Way appreciation, and the Wisdom Matrix clarification, connect with the karmic depths to discern how habitually dominated subconscious intentions plague one.

First, acknowledge the energy of what is being thought and felt (greed, hatred or confusion). Note the distraction as both a physical stress and mental strain. Now Wisely Reflecting, follow this intuitive awareness. Recognize the ongoing karma as the thought before the thought or action. Self-impulses compel and generate thoughts, speech and associated actions. Recognize the self-conceited chattering hum and flashing restlessness. Note the impulse to act out and fulfill a self-image. Follow how a body/mind obsession for the Five Groups of Self-Attached Identification is clung to: physical identification; feelings as a pleasure are sought out while painful episodes are avoided; a limited self-perception distorts reality; mental reactions are hobbling as careless responses; and conscious attention mistakes life as self-defined. Karmic impulses carrying over from past deluded actions ignite craving for desire, self-identity or seeking to escape, generate future self-promoted actions. A Wisdom Matrix penetration, the Conditions Arising causes and effects cycle plays out to suffering consequences.

Recognize the karmic flashing instances and impressions as impermanent, arising then ceasing. Wisely Reflecting, penetrate the underlying karmic provocation and how self-directed motives lead to careless actions. Acknowledge the dialogue as the thought before the thought or action conflict takes place in the mind. Follow as Wise Reflection expands to a Wisdom Matrix insight recognizing habitual impulses and actions for how karma drives the self actor. As thoughts quiet down, a distinguishing intuition for and release from a self-centered reference is known and experienced.

The thoughts and images experienced can be disturbing and a challenge, but through a Middle Way appreciation not indulged in or hostile, one doesn't engage or struggle with the flashing karmic conceit or crave after the Five Groups of Self-Attached Identification.

Immaterial Awareness

Presently you are in the Sense Realm affected by sense-contacted impressions and related actions. The Fine-Material Realm awareness and absorptions aid as a personal appreciation for subduing and controlling life and the mind as a renunciation and restraint (along with adhering to proper conduct) for overwhelming sensory activity. Now related to the third conditioned Immaterial Realm, recognized is how pure psychic or mental energies thrive. Here the subconscious potentials for how self-related delusion dominates is fathomed. As an Immaterial Awareness mental recognition, realized are how karmic intentions manifest as self-promotion, but also how they can be harnessed.

As a Wisdom Matrix clarification for Conditions Arising causes and effects, the Sense, Fine-Material, and Immaterial Realms are all impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. As an Immaterial Awareness experience you come face-to-face with the underlying shadowy and illusive conceit and accompanying restlessness that forms and plays out as karmic upheaval. Only Nirvana as the Ultimate Reality and the

Unconditioned Realm is without conditioned promotion or fabrication, free of self-inspired actions and is without suffering.

Revealed are how ulterior motives as a stream-of-conscious, self-conspiring karmic monologue affects experiences and life. This self-compelling urgency is transferred over through craving (for desire, self-identity or seeking to escape), linking the past, present and future through self-charged instances. Under the right conditions, actions, influences and elements, dormant habits flourish. Settling the underlying subconscious habitual potential, the Immaterial Awareness Absorptions are experienced as Infinite Space, Infinite Consciousness, Nothingness (or Emptiness) and Neither Perception nor Non-Perception.

Infinite Space Awareness

Non-self insight and self-fabricated cessation aren't some out of touch wrangling or intellectual game playing, but liberation is personally experienced through Insight Meditation's settling, the Middle Way appreciation and the Wisdom Matrix discernment. Life and reality are revealed as they are—as multiple connected and overlapping actions.

Now sitting quietly and removed from all sensory distractions, connect with the Immaterial Awareness that forms as mental energy. An astronaut-like (or psychic-naut!) journeying and traveling through mental space, Infinite Space is discerned.

Settled and centered through Insight Meditation, follow the Middle Way appreciation and equanimity removed from self indulgence and hostile extremes. At this present moment there is only the meditation, breath quality, and concentrated recognition. Separated from mundane actions, Wise Reflection as a distinguishing discernment stands out. Through an Immaterial Awareness for Infinite Space, pull back from the overt gravity of the self actor to not engage with the mental actions, but simply acknowledge how self-identification forms around a thought impression. Allow the mental activity to pass and move through the Infinite Space of a vast and settled mind.

Withdrawn from sensory provocations as well as disturbing events, Wise Reflection as an intuitive awareness penetrates how craved after impulses emerge to dominate arising from a general self-conceit and restlessness. Continue with the deepening Immaterial mental experience for how the mind as pure psychic energy plays out and how subconscious habits are generated and form. Note the flashing of karmic impressions.

Hovering in a space of Immaterial Absorption, follow how craved instances flourish around a narrowed self-identification or conceit. Conscious actions are linked through craving after as desire, self-identity or seeking to escape. Here experience dormant, active and transgressing habitual potentials without acting on them. Allow the experience to pass and fade off into Infinite Space. A Wisdom Matrix clarification, recognize how consciousness thrives and is engaged through directed conditions. At the center of conscious awareness, a mistaken self-obsessed identification stands out. With the grosser physical identification and sense-contacted impressions subdued, what is left is the pure mental energy of self-conceit around which all other actions revolve and gravitate towards. Note the restlessness that follows as the thought impulse arises, spins and centers as conscious attention. Releasing the craved after attachment, the thought energy passes on and dissipates into Infinite Space. Feel how conscious impressions cling to a false sense of conceit and restless.

Following a Middle Way appreciation and equanimity from self indulging and hostile extremes, allow the thought impression to pass on into Infinite Space. Conscious attention is only a pin-point impression when compared to the vastness of Infinite Space. Note how craving wanes. Wisely Reflecting, discern the Wisdom Matrix for Conditions Arising as well as the non-self recognition not burdened by self-directed impulses.

Acknowledge how self-identification shrinks and fades into the background of Infinite Space. Note the relief and release from a self-defined gravity. Wisely Reflecting, insight is more profound than habitual potentials. Without the contributing factors, dormant, active and transgressing habits aren't engaged. Note how craving has waned.

Conceit and the accompanying restlessness fall away. Concentrated and realized, one doesn't take pleasure, find satisfaction, or indulge in Infinite Space as a self-attachment.

The Infinite Space Absorption gives way to Infinite Consciousness.

Infinite Consciousness Awareness

Mesmerized by an underlying stream of thought impressions, consciousness forms to a mistaken self-singularity as charged mental instances go on to dominate. Attention narrows and collapses around a beguiling self-centered fixation. Craving after self-inspired impulses, suffering consequences follow as sorrow, lamentation, pain, grief and despair are generated and play out.

With self-delusion at the center like a giant star and the other self-associated habits as planets and moons circling around the self-delusion, a self-conceived orbit is followed. Settled and centered as an Immaterial Awareness, one hovers in the space of pure mental energy. With nothing forming (greed, hatred and confusion dormant) thought impressions pass freely. Without reacting, acknowledge the wispy action intent of causes and effects. The Immaterial Awareness Absorption goes on to expand as Infinite Consciousness.

Following a Middle Way appreciation and equanimity, one moves away from the self-centered gravity and orbit of connected to Conditions Arising causes and effects. The Wisdom Matrix recognition for conditioned states and the many in the 'one' or self is recognized. Note how craving wanes. Wisely Reflecting, discern the Wisdom Matrix for Conditions Arising as well as the non-self recognition not burdened by self-directed impulses.

Feel the release from the craving for a self-identified potential. Know the depths and expansiveness of Infinite Consciousness. Self-conscious actions don't form, craving doesn't arise and suffering isn't experienced. Separating from the self-gravity, pin-point conscious mental impressions and intentions fade as one passes through an Infinite Consciousness without self-conception. Though not eradicated,

craving is temporarily halted. Note the relief and unburdening that is cessation. Only when falling back into a self-centered orbit does the experience narrow and collapse again around a self-gravity. Closer to a black hole, self-deception draws everything around it to a self-centered experience. Follow the Middle Way appreciation and equanimity not actively engaged as a compromising self-gravity.

Acknowledge how self-identification shrinks and fades to an Infinite Consciousness awareness. Note the relief and release from a self-defined gravity. Wisely Reflecting, insight is more profound than habitual potentials. Without the contributing factors, dormant, active and transgressing habits are temporarily defused. Note how craving has waned. Conceit and the accompanying restlessness drop away. Concentrated and focused, one doesn't take pleasure, find satisfaction, or indulge in Infinite Consciousness as a self-attachment.

The Infinite Consciousness absorption gives way to Nothingness or Emptiness.

Nothingness or Emptiness Awareness

Nothingness or emptiness isn't chaos but a Wisdom Matrix recognition into the true nature of life and reality that isn't self-involved nor follows as compromising causes and effects. Nothingness is experienced as open, vast, released and without self-definition. Acknowledge the relief to be distanced from a self-burdened orbit. Craving as desire, for a self-identity or to escape doesn't absorb one. Feel the weightlessness and freed relief. In Nothingness there is no self-pressured gravity. Thought impressions twinkle like far off suns hovering in a gravity-free open atmosphere of nothingness or emptiness. Note how craving wanes. Wisely Reflecting, discern the Wisdom Matrix for Conditions Arising as well as the non-self recognition not burdened by self-directed impulses.

For example, presently meditating you are empty, void and withdrawn from worldly pursuits and personal associations. There is only this present distinguishing awareness. Continuing further one is empty, void and withdrawn from any city or town reference or the world at large to separate from this earth. Opening to Infinite Space and Infinite

Consciousness, there is only a present unlimited distinguishing awareness as nothingness or emptiness. Realize how purposeful action directs consciousness.

The Immaterial Realm is free of all Sense Realm related dominated impressions. Revealed is how habits as mental actions perpetuate a self runaround. Wisely Reflecting, observe the pure conscious energy and release from mundane impulses seeking expression. Follow as the Immaterial Awareness is greater than any self-centered and inclined habitual orbit.

Acknowledge how self-identification shrinks and fades into a Nothingness Awareness. Note the relief and release from a self-defined gravity. Wisely Reflecting, insight is more profound than habitual potentials. Without the contributing factors, dormant, active and transgressing habits are temporarily halted. Note how craving has waned. Conceit and the accompanying restlessness drop away. Concentrated and focused, one doesn't take pleasure, find satisfaction, or indulge in Nothingness as a self-attachment.

The Nothingness Absorption gives way to Neither Perception Nor Non-Perception.

Neither Perception nor Non-Perception Awareness

A self-deceived gravity warps life and reality. A limited and narrowed perception prevents one from penetrating non-self insight, the Wisdom Matrix recognition for causes and effects, and being free from self-promoted suffering.

Settled and centered through Insight Meditation and hovering in the vast space of the Immaterial Absorption, recognize the gravity and orbit of a self-like absorbed energized sun. A Wisdom Matrix recognition, conditions, actions, influences and elements stand out as a mistaken one-sided self conceit. Acknowledge the relief from a self-centered limited domination. Feel how craving for desire, self-identity and seeking to escape aren't pursued.

Wisely Reflecting, follow as a Neither Perception nor Non-Perception is experienced without a self-warped gravitational focus. Note as the moment doesn't narrow to a self-consciousness but a Neither Perception nor Non-Perception Immaterial Awareness. An abiding equanimity without self-reference and self-promotion is known. There is no self-promoted fallout. Note how craving wanes. Wisely Reflecting, discern the Wisdom Matrix for Conditions Arising as well as the non-self recognition not burdened by self-directed impulses.

Conscious recognition doesn't give way to self-related compelling actions as karma or intentions. Without self-limitations, a Neither Perception nor Non-Perception Immaterial Awareness is known. The self-inclined attitude is a mistaken perception; actions give the illusion of a self-contrived reality. A Wisdom Matrix insight, the true nature of life underscored by purposeful actions, a self-perception doesn't form.

Acknowledge the peaceful abiding without self-limitations or the unsettling of craved after impulses. Self-association shrinks and fades to a Neither Perception nor Non-Perception Absorption. Wisely Reflecting, insight is more profound than habitual potentials. Without the contributing factors dormant, active and transgressing habits are temporarily subdued. Note how craving has waned. Conceit and the accompanying restlessness drop away. Concentrated and focused, one doesn't take pleasure, find satisfaction, or indulge in a Neither Perception nor Non-Perception as a self-attachment.

Follow how purposeful action and associated states make for an Immaterial Awareness. One-by-one as the conditioned causes and effects sequences are experienced, Wisely Reflect how the action moments arise and fade. As the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent. So this meditation experience and Immaterial Awareness comes to be, is established, and goes on to cease. Wisely Reflecting, Immaterial concentration distinguishes non-self emptiness and a self-less reference.

Knowing Your Motives or Intentions

So how do you know whether your intentions are genuine? When is karma not karma? Can you be free from self-obsession to know and have pure thoughts and not be compromised? The answer is, yes. The Middle Way Noble Eightfold Path is to be followed and fulfilled as deliverance from self-promoted actions (the action as wisdom to end all self-inspired action). Conduct and virtue applied through the Five Wise Actions direct you from careless and impulsive behavior to be aware and have beneficial actions; meditation and concentration are applied as a Wise Reflection and personal intuition; and insight and wisdom, the Wisdom Matrix (along with the Four Noble Truths wisdom-recognition to be detailed) clarifies life and reality as impermanent, dissatisfying and subject suffering, and of a non-self nature.

Wisely Reflecting, take note of the ongoing self-monologue. Displeasure over something is because self-expectations haven't been met. Sadness is a self-disappointed reaction. Joy is a self-fulfilling pleasure. Doubt and worry are a self-insecure suspicion. Judgment is a self-deluded prejudice. Ever needy and in pursuit, self-fulfillment is the goal. In short, there is almost nothing that isn't corrupted and limited by self associations. Caught in the throes of a craved after self-deluded fantasy and seeking a convenient outcome, you will yourself on as a self actor. The Five Groups as Self-Attached Identification (body, feelings, perceptions, mental reactions and conscious attention) are a self-delusion. Craving acts to link habitual actions and have far reaching consequences.

Conduct and virtue established through the Five Wise Actions helps transform the self actor from closed-minded, indulgent and short-tempered to a person sharing goodwill, who is generous and open-minded. Not an exaggeration, most motives and intentions are self-absorbed (There is, however, the genuine desire to improve and be free from self-domination). Hoping, wishing, dreaming, wanting and needy as well as anger, fear and bitterness, are all self-inspired motives as karmic impulses charge life.

Aware of the ongoing self-dialogue, acknowledge the habitual buildup of compelling motives. Reflect on greed, hatred and confusion. Sense the pressure and urgency the Three Poisons have as habitual impulses. Most times one reacts impulsively and is carelessly taken in. Thoughts, speech and actions express self-attachment. Breathe deeply 5-7 times through the nose to help clear away nagging impulses. Reestablish a present awareness for the body and thoughts. Now Wisely Reflecting, follow the course of wholesome beneficial karma.

Rightly established in conduct and consummate in virtue, there is no need for an act of will. This would reflect a degree of self-attachment. You are wary of every thought, spoken word and intended action. Realize the danger and draw backs of careless and detrimental intentions. With conduct and virtue as impeccable, self will or karma doesn't form. The natural outcome for being heedful is a person who is free from self-associated remorse and doubts. Without self-conceit and restlessness, joy, concentration, serenity, and compassion along with understanding and insight bring you to be free from self-associated trappings.

Being virtuous, one has no regrets. Without regrets a selfless and unconditional happiness is experienced. Rapture and fulfillment come to fruition as well as tranquility and detachment from worldly pursuits and conflicts. A freed and abiding equanimity is known. A deep understanding and insight for life emerges (impermanent, dissatisfying and subject to suffering, and of a non-self nature). The Wisdom Matrix for causes and effects as purposeful action is discerned. Suffering in turn ends when the craving for desire, self-identification or seeking to escape is cut off. Wholesome actions are followed and wisdom-recognition is applied.

Follow as a Middle Way appreciation doesn't incline to self-directed impulses. Sordid habits are released and freedom is known. Note as the mind clears and the self-monologue quiets. Insight Meditation, the Middle Way appreciation, the Wisdom Matrix recognition, Wise Reflection, and Wise Action are directing you to suffering's end and release from the Five Groups of Self-Attached Identification.

The Four Noble Truths— The Wisdom Penetrating Self-Illusion to Ending Self-Suffering

The Wisdom Matrix clarification highlighting Conditions Arising causes and effects (multiple actions joining to give the illusion of the ‘one’ or self) now aligns with the Four Noble Truths liberating vision to focus directly on life’s central challenge—self-related suffering. All other insights, practices and faiths fail to correctly address and answer the self-obsessed dilemma to properly discern life and reality as engaged conditioned actions. Cutting through mundane distractions and misleading inquiries, the Four Truths are a profound and dynamic personal revelation, leading to suffering’s end. The whole of Insight Meditation and the Middle Way experience (The Middle Way is the Fourth Truth deliverance ending suffering) has prepared you for the liberating wisdom breakthrough that is the Four Noble Truths. Just as car keys aren’t handed over to a child or a beginning violin student wouldn’t be expected to play in the symphony, to have jumped head long into the Four Noble Truths would have been premature because a dominating self-delusion would have won out and made it impossible to realize the profound aspects and the Truths’ all encompassing revelations. First Insight Meditation, the Middle Way appreciation, along with Wise Action (goodwill, generosity, honesty, sexual responsibility and sobriety) have brought composure and clarity to your life.

Elevated from worldly attachments and self-centered pursuits to insight and wisdom, the Truths are ‘noble’ because of their profound relevance revealing the true nature of life and reality as well as being directed to final liberation and suffering’s end. Also, only a ‘noble’ or clear-minded and virtuous person, has the capacity to understand and apply the Truths. As a straightforward transcendence from self-attachments and a one-sided charade, the Four Noble Truths share how through penetrating suffering, your problems actually hold the answer!

Worldly challenges and personal predicaments are best understood as being stressful, having problems, bothersome, dissatisfying, an inconvenience, a challenge or conflicting—a self-obsessed dilemma. While the role of self-suffering can be difficult to accept and regard

one's less than perfect ways, here life is honestly viewed. This isn't a hopeless or doomed experience, but a realistic connection with life. It isn't until the profound threefold penetration within each Truth (as awareness, understanding and deliverance) is known and applied that one isn't freed from self-domination. Not a philosophical wrangling or intellectual endeavor but a true release through personal insight, the Four Truths are applied and utilized like someone would a raft to crossover from the self-defined suffering near shore to navigate to the selfless 'further shore' and liberation, Nirvana. The 'raft' that is the Truths serves the purpose and function to transcend suffering. The Truths are also likened to a medical diagnosis as they rightly clarify and define the malady and are the cure for one's self-suffering delusion.

The Illness and the Cure

If a person was seen running down the street yelling that he or she was being pursued but no one was seen giving chase, you might wonder about that person. Well, self is kind of like that as one's self-generated subconscious habits give chase. Exhausting, tormenting and painful, the self-ideal (body, feeling, perception, mental reactions and conscious attention) is suffering.

Self isn't only a misunderstanding of life and reality but an actual mental illness. Each person is hindered and burdened to some degree by their self-affliction. The problem is there is no one to point out that you are 'insane.' But meditating, life begins to slow down, the breath is calmed, and the mind settles to recognize the self actor illusion as the culprit and the self-related delusion consuming one. Meditating, you are your own therapist, bringing healing, understanding and closure to one-side self-addicted ways. The Noble Truths identify the illness as self-delusion (a misunderstanding of reality which actually thrives as conditioned purposeful action), craving as the link to continued suffering, craving's cessation as suffering's end, and the Middle Way Noble Eightfold Path as the cure for the self-obsessed ordeal.

Settled and centered through Insight Meditation, immediately realized is how stressed one breathes and is anxious as a self actor. The mind goes on to wander and succumb to Monkey Mind Distractions. From

here careless and impulsive actions form as subconscious dormant, active and transgressing generated self-obsessed behavior. Conditions Arising as causes and effects, one confused moment and misstep begets another resulting in suffering.

A Middle Way appreciation is crucial to settling and bringing equanimity to one's life. Acknowledge how the breath relaxes and the body calms down to be unburdened from the Five Groups of Self-Attached Identification. Now through the Noble Truths clarification, the misinterpreted self-ordeal is realized. Sense the craving after and attachment related to pursuing, upholding and satisfying a self-illusion. Acknowledge the restlessness with and surrounding a self-notion. Meditating, the true nature of life and reality are discerned and realized; the Wisdom Matrix for Conditions Arising causes and effects as purposeful action (multiple actions join to give the illusion of the 'one' or self). Penetrating the Noble Truths as a proper wisdom, the cure and freedom from being overwhelmed and dominated as a self-infirm person is realized.

Initially the Middle Way is a detachment from self indulged and hostile extremes, but when applied through the Four Noble Truths wisdom-recognition, the self-centered fixation clears and is cured. Below the level of desiring, hateful and confusing behavior is an out of control, self-perpetuated craving as a delighted and pleased pursuit that approaches a frenzied panic. Distracted and unfulfilled, one is unsettled, on edge and bewildered. There is an incompleteness, longing and misery as a self-delusion infiltrates to dominate thoughts, speech and actions. Dissatisfaction and disappointment already a part of life, the inherent friction and upset leaves one struggling and at odds as a search for quick-fixed solutions. Through Insight Meditation, the Wisdom Matrix clarification, the Four Noble Truths recognition, and the Middle Way Path direct you to a personal understanding of life—Conditions Arising causes and effects as purposeful actions rather than a self-centered misunderstanding.

As a 'noble,' clear-minded and virtuous person, the Four Noble Truths Wisdom-Liberating offering is discerned. All encompassing and beyond

the conventions of time, culture, history or self-defined limitations, the Truths are practical, accessible and the only salvation for ending self-delusion. If there weren't deliverance then Insight Meditation, the Wisdom Matrix, the Middle Way Path and the Four Noble Truths would be a fruitless experience of so many empty words. What stands out is that self and suffering are synonymous and the Four Noble Truths are the cure.

The Four Noble Truths—

1. Impermanence and dissatisfaction are part of life. Having no unique or individual character, specifically mistaking the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention, are conditioned causes and effects) as a self-ideal are suffering related. **The recognition is a Signless Deliverance.**
2. Played out as Conditions Arising purposeful actions, craving as delight and pleasure links the past and present to future suffering episodes. **The recognition is a Desireless Deliverance.**
3. Craving cut off suffering ends and leads to Nirvana, the Unconditioned Realm. **The recognition is an Emptiness Deliverance.**
4. The way to realizing craving's cessation and suffering's end is through following the Middle Way Noble Eightfold Path guidance and experience, the Wisdom-Liberating breakthrough to the Unconditioned Realm, Nirvana. **The recognition is the Unshakeable Deliverance of Mind.**

The Four Noble Truths offer a unique vision as remedy—a recognition of the present, how conditions arise, conditions ceasing, and the way to cessation and deliverance from suffering. The First and Second Truths reflect the true nature of life and reality as impermanent, dissatisfying and subject to suffering, and of a non-self impersonal nature (multiple causes and effects giving the illusion of the 'one' or self), and also how self-willed actions spiral out of control through craving to have suffering consequences.

The Third and Fourth Truths triumphantly share the active experience as the wisdom realization necessary to bringing self-suffering to an end. Through knowing, applying and experiencing the Four Noble Truths, one moves from self-delusion on to Stream Entry passage bound for final Wisdom-Liberating Deliverance.

Problems as Answers

Prior to Insight Meditation's stability allowing for a calm and discerning recognition, life was a challenge—an exhausting self-pursued runaround. Gradually, moving away from self-centered extremes to a Middle Way appreciation, a present awareness and the Wisdom Matrix recognition penetrate life's true nature as non-self. Meditating and aware, having patience and goodwill as well as being responsible in behavior, what was once frustrating and uncertain, you are now tranquil, discerning and insightful. The Four Noble Truths recognition shares suffering's end.

Problems and suffering exist on three levels revealing a self-centered theme. First, the everyday problems and difficulties everyone experiences, feels and shares in common such as general physical pains and discomforts, the day-to-day inconveniences and travails gone through and put up with as well as Murphy's Law of things just not going right.

Second, there exists the suffering and problems brought about by change or the short-term nature of all experiences. No matter how gratifying, life is impermanent. The good time had on a vacation comes to an end; possessions break, are lost or stolen; friends or loved pass on and relationships end. Reflecting a general dissatisfaction, change is part of life.

And third, is the more pervasive suffering brought on by a habitually dominated self actor as well as the body/mind obsession for the Five Groups of Self-Attached Identification. Luxury, convenience, good times, ever pursuing and involved, the end result is disappointment and varying degrees of suffering (sorrow, lamentation, pain, grief and

despair). Encouraged to indulge and satisfy desires, when inconvenienced or disappointed anger arises as well as being overwhelmed by doubt, worry and confusion. Underneath the turmoil is an out-of-control endless craving keeping one restless. Conditions Arising reflects the compelling cycle with craving the go-between link joining past, present and future actions. A misdirected self-obsession obscures the true nature of life and reality.

Characterized by simplicity and candor, the Four Noble Truths convey both the realization for self-suffering as well as the Wisdom-Liberating Deliverance leading to the Ultimate Reality that is Nirvana and suffering's end. Normally, the truth is taken to be a statement of fact or to be a logically formed answer as in a test or math problem. But the 'truth' here has nothing to do with intellectual understanding or unrelated impractical notions, but rather goes to the heart of the matter—a Middle Way appreciation and clarity as personal insight ending one's own self-tormenting ways.

Centered and settled, through Insight Meditation's awareness, follow the breath's quality to Wisely Reflect on the body, feelings, mind and life-actions. A body/mind obsession for the Five Groups of Self-Attached Identification manifests subtly and not so subtly a general dissatisfaction and suffering. The body emanates tension and pain (face drawn, jaw clenched, shoulders hunched, stomach and pelvic pressure), then there is the psychological unsettling and frenzy of flashing thoughts and mental disturbances with craving for desire, self-identification or seeking to escape playing a key role. Acknowledge the actual stress and gripped burden centered around a self-related obsession.

A deluge of unsettling habits, note the restless distracting mental monologue. Begin to slowly feel the shift and move away from a self-obsessed domination. Note how the body relaxes through meditative awareness and the mind settles to an open-flowing consciousness. You have patiently, gently and wisely prepared yourself to discern the Four Noble Truth's vision and significance.

But what has kept you from knowing the Truths and freeing yourself—self-centered greedy, hateful and confusing habits. In other words, a one-sided self-deceived nature is the stumbling block. Like viewing the emperor without clothes on, there can be an initial discomfort when facing one's weaknesses. Therapists mention spending weeks, months and even years in getting their patients to where he or she can honestly admit and look at themselves without fear or resentment. You may flinch to view this exposed and raw picture, but are now more than ready to penetrate life and reality. Insight Meditation, the Middle Way appreciation and the Wisdom Matrix clarification have been a preparation for the Four Noble Truths Wisdom-Liberating Deliverance. The Four Truths require complete honesty to once and for all remove the 'ignorance' surrounding the self-centered obsession. The self-charade ends when craving after and the causes and effects link to continued suffering are brought to cessation.

Feel the toll, upset, conflict and stress brought on by the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) as well as how Conditions Arising causes and effects play out. The Noble Truths highlight self-promoted actions and problems. Acknowledge the Middle Way's role through conduct-virtue, meditation-concentration, and insight-wisdom. Breaking away from careless self-associations, the Wisdom Matrix insight for purposeful action stands out. Wisely Reflecting, the Five Groups arise and cease as so many conditions, actions, influences and elements. There is no unique character, identity or self-source.

A Middle Way appreciation not identifying with, delighting in or pursuing any past, present or future self-associations, one isn't measured or defined by the Five Groups of Self-Attached Identification. Follow as the self-habituated compulsion lifts. Realized is a non-self insight and the release from a self-directed reference.

The First Noble Truth as Awareness for Self-Suffering

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for the body/mind association is experienced;**

- Through the diverse conditions and actions of Wise Reflection for the body/mind association arising, the First Noble Truth arises;
- With awareness for the First Noble Truth, awareness for self-promoted suffering is known;
- And a Middle Way appreciation is followed.

Looking at humanity's troubled history, you wonder why things rarely get better. Despite the modern wealth of technology, support and access making things easier for more people than at any other time in history, suffering remains. Ultimately, are you truly happy? How do you cope, bring compassion, have understanding and deal with challenges, upsets and problems? Believe it or not, as strange as it might seem, suffering is a salvation. How good to learn from one's missteps and unguarded moments. There is hope and joy through personally experienced understanding—there is wisdom.

Each person carries and is overwhelmed by his or her own personal 'bag' of problems and suffering. Recognize how you contribute and add to the burdensome sack of woes. What is thought of as happiness, in fact, brings greater pain and sadness through self-attachment. Problems and suffering must first be understood. A deeper recognition, fulfillment, equanimity and wisdom for life are known—problems as answers.

Like a physician diagnosing an illness and prescribing a proper treatment, the Four Noble Truths bring an end to self-inflicted torment and pain: **awareness** for self-related suffering; **understanding** the causes, effects and reasons for self-related problems; and, finally, the **wisdom** deliverance curing and bringing an end to self-related suffering. A practical and penetrating insight, the Noble Truths threefold penetration is the prescription to keep in mind.

Through the First Truth all suffering is traced to a misunderstanding of life and reality (an ignorance or not correctly knowing). The Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) are a deception and involve a

careless yearning and clinging. A false sense of security and an attempt to control and deal with a constantly changing world, the body/mind association is mistakenly taken to be self.

Highlighting the reason for suffering, the First Truth is an open communication with problematic, self-absorbed ways. Habits, personality, one-sided thoughts and self-centered actions, the First Noble Truth is a turning point awareness exposing self-alienating suffering. Underscoring impermanence's role and a general dissatisfaction, the Five Remembrances mirroring life's unsettling nature can't be denied (sickness, aging, death, loss and the role of motivated intent). Reflecting various levels of suffering, sorrow, lamentation, pain, grief and despair are all tied to a grand self-illusion. As a penetrating insight, the First Truth is a Wise Reflection as a Middle Way appreciation for self extremes relating to indulgence and gratification as well as hostility and aggression. An honest admission, everything thought, said and done is to justify and uphold a self-delusion.

Acknowledge the stressed attachment you have as a self actor as well as how impermanence and dissatisfaction are troubling. The pleasure and comfort enjoyed keeps one in frantic pursuit. Unfortunately, the end result is to be let down and dissatisfied. The body sickens, ages and dies. There is personal loss. This doesn't mean that the *carpe diem* to live life to the fullest should be followed because this would only lead to continued sorrow. Worldly pursuits are a distraction, upset and disappointment.

Settled and centered on the breath's quality as well as awareness recognition for the body, feelings, mind and life-actions, the First Noble Truth's awareness as personal intuition recognizes the beguiling self actor charade. Body, feelings, perception, mental reactions and conscious attention, the Five Groups of Self-Attached Identification are 'signless' or without any true individual characteristic. The Wisdom Matrix for Conditions Arising purposeful action is discerned—conditions, actions, influences and elements; a body/mind association of multiple crossover actions gives the illusion of the 'one' or self.

Gently guide and direct your awareness. The body is a shell and frame housing a self actor guise. Mistaking the body to be self while the mind is gripped in deceived stress, note the breath's quality as rigid and absorbed. Feel how the face is drawn, back tense, and abdominal muscles clench through a self-related attachment. Feel the burden and toll that is the body. Through a Signless or non-self awareness of the Four Noble Truths, the body isn't taken to be self. The Wisdom Matrix clarification for purposeful action joins with the Four Noble Truths to an enlightening or known wisdom-recognition.

Feelings are engaged through sense receptors (eyes, ears, nose, tongue, skin and mind). Sense impressions (sight, sound, smell, taste, touch and thoughts) are experienced as either pleasant, painful or neutral. Note how pleasant moments are clung to as a self-pleasure, painful experiences are avoided as a self-indignation, and boredom as a self-neglect for neutral moments. Acknowledge the burden and toll contacted feelings have on you. Through a Signless or non-self awareness of the Four Noble Truths, feelings aren't taken to be self. The Wisdom Matrix clarification for purposeful action joins with the Four Noble Truths to an enlightening or known wisdom-recognition.

Perception is identifying, labeling and judging from a careless and one-sided self point-of-view. Sense how the breath constricts and the body stiffens while the mind narrows to perceive. Feel the burden and toll that is self-formed bias. Through a Signless or non-self awareness of the Four Noble Truths, perception isn't taken to be self. The Wisdom Matrix clarification for purposeful action with the Four Noble Truths to an enlightening or known wisdom-recognition.

Mental reactions form from multiple personal experiences to project a self-deluded history. Closer to film frame instances spliced together, note the attraction as well as clinging surrounding these self-episodes. The result is self-related suffering. Feel the burden and toll that are mental reactions. Through a Signless or non-self awareness of the Four Noble Truths, mental reactions aren't taken to be self. The Wisdom Matrix clarification for purposeful action joins with the Four Noble Truths to an enlightening or known wisdom-recognition.

Conscious attention is engaged and experienced through action stirred moments or phenomena in general as a recognition arises for sense-contacted action moments. There is conscious attention for each of the six senses, but also the consciousness for life in general as self-defined rather than arising as purposeful actions through so many conditions, actions, influences and elements. The self-reference leads to suffering. Feel the burden and toll that is conscious attention. Through a Signless or non-self awareness of the Four Noble Truths, conscious attention isn't taken to be self. The Wisdom Matrix clarification for purposeful action joins with the Four Noble Truths to an enlightening or known wisdom-recognition.

Acknowledge how the Five Groups of Self-Attached Identification are a misunderstanding of reality—a deception. Feel the attraction, clinging and pursuit to fulfill a self-ordeal. Note how a wrong perception of life and reality affects your whole being, is unsettling, dissatisfying and leads to suffering. Through a Signless or non-self awareness of the Four Noble Truths, no real self-character is discerned. The Wisdom Matrix clarification for purposeful action joins with the Four Noble Truths to an enlightening or known wisdom-recognition.

Acknowledge the buildup of self-accumulated habits. Worldly pursuits play out as a self-charade. Through the awareness for the First Noble Truth the Signless or non-self nature of reality stands out. Wisely Reflecting, the obsession with the Five Groups of Self-Attached Identification slowly lifts. The deeper relevance and significance of the Wisdom Matrix clarifying Conditions Arising purposeful action is discerned.

Awareness Penetration as insight: Initial Contact notes the body/mind related stress surrounding self; Sustained Contact distinguishes the self actor hold one has for the body/mind attachment; Interest as you being to release the self-association for the body/mind attachment; 'Joy' then as Wise Reflection defuses the self-attachment; and having One-Pointed Clarity discerns the Noble Truth recognition for the body/mind attachment as a Signless insight.

The First Noble Truth as Understanding Self Suffering

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for the body/mind association is experienced;**
- **Through the diverse conditions and actions of Wise Reflection for the body/mind association arising, the First Noble Truth arises;**
- **With awareness for the First Noble Truth, understanding for self-promoted suffering is known;**
- **And a Middle Way appreciation is followed.**

Awareness for the First Noble Truth, understanding is on two levels—the role of the self actor through the Five Groups of Self-Attached Identification as well as the Signless non-self insight related to the Wisdom Matrix clarification for Conditions Arising. The Five Groups are considered to be like foam (body), bubbles (feelings), a mirage (perception), a plantain tree (mental reactions), and a magic trick (conscious attention)—not self but are Signless and without any true self-definition.

The First Noble Truth reveals misunderstanding's (ignorance) role within self-suffering. Played out on the worldly stage, the self actor charade is a suffering crown of many thorns. Signless, without any core or individual characteristic, the Five Groups of Self-Attached Identification are understood through the Wisdom Matrix for purposeful actions arising and fading as conditions come to be, play out, then end—the body isn't self, feelings aren't self, perception isn't self, mental reactions aren't self and conscious attention isn't self.

The Noble Truth awareness discerns the Five Groups self-delusion. Feel how you cling to a misunderstood self-notion. Wisely Reflecting, life and reality are impermanent, dissatisfying, and of a non-self nature (Conditions Arising). Follow as insight for self-related actions stemming from causes and effects is the First Noble Truth Signless recognition. An I, me, mine attitude, life is a continuous struggle. The Four Noble Truths wisdom aligns with the Wisdom Matrix clarification to penetrate

the self-hoax (the many actions joining to give the illusion of the 'one' or self). Sense the attachment and confusion relating to the Five Groups. Slowly the self-notion weakens as non-self insight and a Signless recognition stand out. The Noble Truths are a wisdom-recognition for life as non-self and played out through Conditions Arising.

Appreciate the freedom from self-identification that is the Signless understanding of the First Noble Truth. Follow the slow release from the hardcore attachment for the Five Groups. Note how self-related deception recedes and relief is experienced. Acknowledge the breath's quality relaxing, attention clearing, and clinging pressure falling off as well as conceit and associated restlessness dropping away. The emperor without clothes, the self actor is revealed and understood—insubstantial, as non-self and Signless.

Settling and centered through Insight Meditation, the body/mind association that is the self actor is distinguished. Acknowledge the pressures, stress as well as attachment for the body, feelings, perception, mental reactions and conscious attention. Note the corresponding stressed breath related to self-identification. Grounded as a present experience, you now have the Four Noble Truths insight as a Signless Deliverance as well as for Conditions Arising as purposeful action. You now have insight into the self-inspired nature of suffering.

Awareness Penetration as Insight: Initial-Contact notes the charged breath related to a body/mind self-identification; Sustained Contact follows the stressful self-identification affecting the body; Interest acknowledges the burdensome preoccupation for a body/mind self-identification; 'Joy' relaxes the self-consumed and conflicting stress for self; and having One-Pointed Clarity the Noble Truth recognition for the body/mind as a Signless insight is discerned.

Wisely Reflecting, a Middle Way appreciation is followed as personal recognition expands to a Signless insight for the body/mind identification.

The First Noble Truth Wisdom as Signless Deliverance

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for the body/mind association is experienced;**
- **Through the diverse conditions and actions of Wise Reflection for the body/mind association arising, the First Noble Truth arises;**
- **With awareness for the First Noble Truth, wisdom for self-promoted suffering is known;**
- **And a Middle Way appreciation is followed.**

The First Noble Truth is rightly penetrated as a selfless insight for life and reality.

Problems actually have an answer when one is wisely engaged—the First Truth reveals self-related suffering. Settled and centered through Insight Meditation, a grounded Wise Reflection discerns the Signless Deliverance as Conditions Arising purposeful action that actually is the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention). Follow as the Noble Truth recognition directs one away from self-involvement to penetrating self-conceit and accompanying restlessness as a Signless discernment or non-self insight not having any unique individual or self-character.

A mistaken self-identification is at the center of suffering. Confused, exhausting and painful, the self actor is demanding, unsettling and punishing. The First Noble Truth is the awareness into the self-deceived dilemma: physical stress, contacted feelings, misguided perception, disturbed mental reactions, and confused conscious attention.

Discern the Signless Deliverance. Body, feelings, perception, mental reactions and conscious attention are impermanent. The Wisdom Matrix clarification reveals how conditions, actions, influences and associated elements arise and cease. Feel the shift away from a self-hoax to the non-self Signless insight that is the First Noble Truth

realization. As long as self-attachment remains, there is suffering. Follow the release and dispersing from a habitually charged self-mania.

Self only knows greed, hatred and confusion, is careless, indulgent and craves, all played out through a Conditions Arising purposeful action cycle. A discerning proper wisdom, the subconscious monologue abates and an intuitive realization stands out. Wisely Reflecting, the Wisdom Matrix clarification opens to the First Noble Truth Signless Deliverance that is the body/mind self illusion.

Awareness Penetration as insight: Initial Contact is aware of the body/mind self-associated burden; Sustained Contact slowly relaxes to detach from the Five Groups; Interest acknowledges the shift away from self-absorption to a Signless tranquility; ‘Joy’ settles as an insightful non-self Signless distinction; and having One-Pointed Clarity is the awareness, understanding and Wisdom Matrix clarification associated with the First Noble Truth—the Five Groups as insubstantial and without any self nature.

Beyond the body/mind association, beyond self-impressions and feelings, the Noble Truth Signless Deliverance as insight undercuts the obsessed delusion for the Five Groups of Self-Attached Identification. Follow as awareness gives way to knowing, knowing then gives way to insight and a penetrating recognition. A noble insight displaces self-delusion and directs you to enlightenment or a known Wisdom-Liberating Deliverance.

Wisely Reflecting, follow how recognition as personal insight expands to a Signless wisdom-recognition. The Signless Deliverance penetration undercuts the body/mind obsession for the Five Groups of Self-Attached Identification.

The Second Noble Truth as the Awareness for Craving’s Role

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for self-promoted suffering is experienced;**

- **Through the diverse conditions and actions of self-promoted suffering arising, awareness for the Second Noble Truth arises;**
- **With awareness for the Second Noble Truth arising, awareness for craving's role is known;**
- **And a Middle Way appreciation is followed.**

The Second Noble Truth reveals that while misunderstanding or ignorance regarding the true nature of life and reality is at the center of suffering, craving after is the actual link which continues and perpetuates suffering. A Pandora's Box potential, an instant before feeling was contacted as a sense-impression, the self actor voice as intention was a faint whisper. Now self-identification escalates to a deafening roar as past charged dormant habits flare-up to merge with craving to be acted on and lead one to transgressing suffering consequences. Penetrating the Second Noble Truth is a Desireless Deliverance.

Craving as a delight and pleasure is three-sided: the desire for sense gratification creates a frenzy of needing; the yearning to seek and hold onto life as self-identified; and the folly of the cynic and skeptic seeking to escape from life's challenges (a misguided grappling to wipe out anything to do with 'self' which in fact is only an illusion of so many conditions). These aren't separate forms of craving but different aspects related to craving. Reflected in the breath's quality is a stifling tension, experience craving's intense disturbance. Craving as an unsettled wandering is dissatisfying and culminates in suffering. Classically referred to as a 'seamstress,' craving arises from subconscious habitual intentions (greed, hatred and confusion) to then carry over and resonate (joining as a 'seamstress') as future self-promoted transgressing actions. The Wisdom Matrix clarification for purposeful action aligns with the Four Noble Truths to an enlightening or known wisdom-recognition.

Settled and centered through Insight Meditation, acknowledge how underlying subconscious dormant, active and transgressing habits echo as a divisive conceit and ongoing restless monologue. Craving for

desire, a self-identity or to escape, a self-preoccupied imagination dominates. Follow how craving arises linking up with past behavior then merges with a present contacted experience. Feel the thrill and desire related to self pleasure seeking. Note how craving seeks to indulge a self-promoted fantasy.

As a Noble Truth realization, acknowledge the attachment to a body/mind identification. Discerned is craving's role in joining habitually driven impulsive intentions to play out as mental, verbal and performed actions. A Middle Way appreciation is followed: conduct-virtue controls active transgressions, meditation-concentration controls forming intentions, and insight-Wisdom eradicates dormant habits. The emperor without clothes, self-related role playing is exposed. You now know what you are up against and follow a Middle Way appreciation.

Awareness Penetration as insight: Initial Contact notes the flashing thought impressions; Sustained Contact distinguishes the greedy, hateful or confusing impulsive intention; Interest as craving arises to follow on and perpetuate self-promoted conceit; 'Joy' then as a personal Wise Reflection defuses craving's urgency; and having One-Pointed Clarity discerns the Noble Truth recognition for craving as a Desireless insight.

The Second Noble Truth as Understanding Craving's Role

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for self-promoted suffering is experienced;**
- **Through the diverse conditions and actions of self-promoted suffering arising, awareness for the Second Noble Truth arises;**
- **With awareness for the Second Noble Truth arising, understanding for craving's role is known;**
- **And a Middle Way appreciation is followed.**

As part of the Conditions Arising cycle, craving continues the obsession for the Five Groups of Self-Attached Identification. Craving is deceiving

because it is a delightful and pleasure-filled pursuit, but climaxes as suffering. Acknowledge craving's pressure as strained breathing, pressure at the forehead and around the eyes as well as the tightening of abdominal muscles while the mind is tense and narrows. The Second Noble Truth understanding for craving's role is a Desireless Deliverance.

Settled and centered through Insight Meditation body, relaxing and attention clearing, note the charge and compulsion for doing, acting out as compelling willed action associated with craving. Acknowledge the restlessness as craving keeps one off balance and stressed—desired temptations, as self-identification, or to seek an escape. Below the frenzy of impulsive motives to act and react, the Second Noble Truth's understanding discerns craving's far reaching implications and potential.

Like a teapot about to boil, feel how craving is unnerving. Note the ongoing chattering mental monologue. Follow how subconscious motivated intentions flash and break through as a present delight and pleasure seeking self-fulfillment. Self demands are strong. Revealed are the underlying effects of dormant, active and transgressing habits tied to a body/mind self-fixation. Craving arises from sense-contacted impressions to then carry over to suffering consequences.

A breakthrough insight follows the Wisdom Matrix clarification for Conditions Arising: through a body/mind obsession one is conditioned and dominated by a self-deluded fantasy to crave for desire, a self-identity, or to seek an escape. Formed from subconscious intentions escalating to suffering consequences, craving then leads to the fall out of transgressing actions.

Settling and centered through Insight Meditation, allow craving's urgency to relax and the habitual buildup to disperse. Acknowledge what it is like to not follow and jump headlong into a craved after pursuit. Grounded as a present experience, you now have the understanding for the Second Noble Truth's Desireless Deliverance into craving's demanding role. Seeing through craving's unsettling, not everything desired or craved for is of benefit.

Awareness Penetration as insight: Initial Contact turns to craving's unsettling; Sustained Contact follows craving role related to desire, self-identification and to escape; Interest acknowledges craving's burden as a delightful and pleasure-filled pursuit; 'Joy' then relaxes craving compelling drive; and having One-Pointed Clarity discerns the Noble Truth recognition for craving as a Desireless insight.

Wisely Reflecting, a Middle Way appreciation experience as personal recognition expands as a Desireless insight for craving is known.

The Second Noble Truth Wisdom as a Desireless Deliverance

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for self-promoted suffering is experienced;**
- **Through the diverse conditions and actions of self-promoted suffering arising, awareness for the Second Noble Truth arises;**
- **With awareness for the Second Noble Truth arising, wisdom for craving's role is known;**
- **And a Middle Way appreciation is followed.**

The Second Noble Truth is rightly understood and penetrated as a Desireless insight for how craving leads to suffering.

Craving is the go-between link as habitual intentions carry over to make for transgressing problems and suffering. Only by personally understanding, experiencing and penetrating craving's significance can suffering end. Spurred by subliminal compelling intentions, craving as a delight and pleasure to fulfill and promote a self ideal is revealed. Understanding craving's role is a Desireless insight.

Aware of the prattling voice echoing inside your head and where it wants to lead you, feel the ongoing physical stress as well as the underlying mental pressures. Engaged through sense contacted impulses, craving sparks and joins with subconscious streaming intentions. Craving is seductive, but unfortunately ends in suffering.

The Desireless insight for the Second Noble Truth recognizes craving's far reaching effects and consequences. Relaxing facial tension, physical pressures as well as delightful and pleasurable distractions, acknowledge craving's influence and power directing you to compromising actions. Allowing the self-related habitual buildup to slowly disperse, the Desireless insight is experienced. Don't be a push over for self-provoked careless habitual energies, but firmly say 'No!' Through a discerning proper wisdom, the subconscious monologue abates and an intuitive recognition stands out. Wisely Reflecting, the Wisdom Matrix recognition opens to the Second Noble Truth Desireless Deliverance for craving's compelling urgency.

Awareness Penetration as Insight: Initial Contact acknowledges how subconscious intentions provoke a craved after delight and pleasure; Sustained Contact feels how craving's urgency intensifies; Interest as an awareness for how craving forms from habitual intentions; 'Joy' directs attention away from self-absorbed craving; and having One-Pointed Clarity is an awareness recognition for how craving escalates and leads to transgressing actions.

Beyond the body/mind association, beyond self-impressions and feelings, the Noble Truth Desireless insight undercuts the obsessed craving to fulfill the Five Groups of Self-Attached Identification. Follow as awareness gives way to knowing, knowing then gives way to insight and a penetrating recognition. A noble insight displaces craving, directing you to enlightenment or a known Wisdom-Liberating Deliverance.

Wisely Reflecting, follow how recognition as personal insight expands to a Desireless wisdom-recognition. The Desireless Deliverance penetration undercuts craving as delight and pleasure.

The Third Noble Truth as the Awareness of Craving's Cessation

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for craving's role is experienced;**

- **Through the diverse conditions and actions of Wise Reflection for craving's role arising, awareness for the Third Noble Truth arises;**
- **With awareness for the Third Noble Truth arising, awareness for craving's cessation and suffering's end is known;**
- **And a Middle Way appreciation is followed.**

The Third Truth leaves no doubt that the Four Noble Truths are a personal and realized fulfillment directed towards liberation. If there weren't deliverance and an end to suffering, the Truths would be so many useless and hollow words. It is precisely because the Truths do lead to awareness, understanding and wisdom that suffering's end and liberation is possible—craving's cessation. There is more to life than self indulged and hostile extremes. Through craving's cessation one goes from being a victim of misunderstanding (ignorance) to a 'noble' and wise realization of the Ultimate Reality—Nirvana as liberating cessation from self-reference and self-promotion which is suffering free. Paradoxically, problems are a salvation. No easy task, only through a realized personal breakthrough wisdom does the self-tormenting madness end. An Emptiness Deliverance penetrated—a non-self insight and cessation from a self-centered fixation.

Wisely Reflecting, the Five Wise Actions applied and followed (goodwill, generosity, honesty, abstinence and sobriety) along with renunciation and restraint, focusing the Monkey Mind, stopping and preventing the Three Poisons (greed, hatred and confusion), the Third Noble Truth's significance is the complete cessation of self driven craving. The whole of Insight Meditation is about personal awareness and the intelligence to curb self-promoted habits, to rightly know life, discern the Ultimate Reality and realize suffering's end. The Four Noble Truths are a unique experience and realization—the Wisdom Matrix clarification for purposeful action, how conditions arise, how conditions cease, and the Middle Way Path to be followed to cessation. Discerning the Emptiness Deliverance realizes life's non-self nature and penetrates the Wisdom Matrix for Conditions Arising purposeful action. Craving brought to cessation, an Emptiness Deliverance is realized.

Craving as an insatiable pursuit for desire is exhausting; seeking to fulfill a self-identity is unsettling; or to escape and, ironically, be rid of a self which really doesn't exist is counter productive. The Third Noble Truth as Emptiness Deliverance disarms the Conditions Arising suffering cycle making it defunct. With craving ceasing, joy, relief, equanimity and peace are experienced. Just as a magnifying glass focuses light, the Third Noble Truth directs the Wisdom Matrix recognition to realize craving's end and liberation. The Wisdom Matrix clarification for purposeful action aligns with the Four Noble Truths to enlightenment or known wisdom-recognition.

Feel the gradual release as cessation from self-directed charged actions. With craving's urgency weakened, self-delusion wanes. There is a non-self recognition as wisdom in the wake of craving's cessation. Karmic actions can't be reversed, but either play out to suffering or end through penetrating the Four Noble Truths. Suffering stopped, the Emptiness Deliverance as cessation under cuts craving's power to carry over. Future transgressing actions and self-promoted episodes are halted.

As self-related intentions subside, sense the tranquility and accompanying insight that is the Emptiness recognition for cessation and non-self freedom. A deepening confidence and certainty, the strong urge to act and react through self-identified promotion is stopped. Acknowledge the personal relief and equanimity related to craving's cessation. Feel how the body/mind identified restlessness for the Five Groups of Self-Attached Identification falls away. Craving defused, cessation is affected (desire, self-identification, and the need to escape from self are cut off). Follow the spaciousness as detachment from self-obsession to an Emptiness Deliverance recognition—craving's cessation follows to liberation.

Awareness Penetrations as insight: Initial Contact notes the body/mind illusion related to self-suffering; Sustained Contact distinguishes the craving one has for the body/mind self-identification; Interest as you begin to release the craving for a body/mind identification; 'Joy' then as a personal Wise Reflection defuses self-attachment; and having One-

Pointed Clarity discerns the Noble Truth recognition for craving's cessation as an Emptiness Deliverance insight.

The Third Noble Truth as the Understanding for Craving's Cessation

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for craving's role is experienced;**
- **Through the diverse conditions and actions of Wise Reflection for craving's role arising, awareness for the Third Noble Truth arises;**
- **With awareness for the Third Noble Truth arising, understanding for craving's cessation and suffering's end is known;**
- **And a Middle Way appreciation is followed.**

The Wisdom Matrix penetrated, stop craving as delight and pleasure and the whole Conditions Arising suffering cycle stops. It sounds simple and it is, but an off-base misunderstanding or ignorance as a self actor undermines one. Something to continually remind yourself is to not suffer—not to be a habitually self-consumed and dominated. The Third Truth reveals craving's cessation as necessary to ending the self-related hoax and suffering. Feel how underlying habitual intentions spark craving and craving then leads to transgressing actions. Stopping craving as the delight and pleasure to fulfill a self-obsession, the Third Noble Truth insight as Emptiness Deliverance is discerned.

Misunderstanding life and reality, a self-delusion handicaps one. Craving is the link by which the self-charade continues. For example, diving into deep water or climbing at higher altitudes, pressure and weakness are experienced. Craving's affect is similar as unsettling and fatiguing as well as mentally distracting and stressful. Non-self isn't another version of self to cling to and suffer through but, rather, a release, freedom and cessation from the entire Conditions Arising suffering cycle.

Understanding the Wisdom Matrix purposeful action as well as craving's compelling urgency, subconscious greedy, hateful and confusing habits aren't engaged. Not only are intentions as karma curbed but the craving leading to future painful manifestations is stopped. Eliminate craving's urgency as delight and pleasure and self-suffering comes to an abrupt end. Compelling habits are disengaged. The Third Noble Truth penetrates the Emptiness Deliverance and release from self-identification and self-promotion. Misunderstanding for the Five Groups as Self-Identification realized, and the Wisdom Matrix clarification for Conditions Arising purposeful action is discerned.

Settling and centered through Insight Meditation, allow craving's urgency to relax and the habitual buildup to disperse. Acknowledge what it is like to not follow and jump headlong into craved pursued suffering. Grounded in the present moment and experience, you now understand the Third Noble Truth's Emptiness Deliverance into craving's cessation.

Awareness Penetration as insight: Initial Contact notes craving's compelling nature; Sustained Contact picks up on the subtle delight and pleasure surrounding craving to fulfill self-identification; Interest relaxes craving's burden and unsettling; 'Joy' begins to release the craving after to recognize cessation and suffering ending; and having One-Pointed Clarity discerns the Noble Truth recognition for cessation as an Emptiness insight.

Wisely Reflecting, a Middle Way appreciation is followed as personal recognition expands to an Emptiness insight for craving's cessation.

The Third Noble Truth Wisdom as Emptiness Deliverance

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for craving's role is experienced;**
- **Through the diverse conditions and actions of Wise Reflection of craving's role arising, awareness for the Third Noble Truth arises;**

- **With awareness for the Third Noble Truth arising, wisdom for craving's cessation and suffering's end is known;**
- **And a Middle Way appreciation is followed.**

The Third Noble Truth is rightly understood, penetrated and personally experienced as the Emptiness Deliverance for craving's cessation ending self-suffering.

When disturbed, stressed or frustrated it is because a self-obsessed ideal isn't met and craving arises to fulfill the notion and need. By dropping self-identification, craving as delight and pleasure ceases. Required is a no nonsense, commonsense awareness as well as will-power, renunciation and restraint, distinguishing Wise Reflection, and Wise Actions applied as well as discerning the Wisdom Matrix for Conditions Arising rather than a self-related obsession. Craving's all consuming urgency and related pitfalls are realized. The Middle Way appreciation is followed as a presently connected awareness and understanding rather than self indulged and hostile extremes. As an Emptiness Deliverance, cessation eradicates self-inspired actions and exorcises craving. Required is an astute personal reflection to stop, recognize and penetrate self-domination. Through a deepening proper wisdom, the subconscious monologue abates and an intuitive recognition for life and reality as non-self stands out.

Settled and centered through Insight Meditation, allow the convoluted, self-obsession to release. Craving not taken up, dormant detrimental behavior is prevented from playing out as future transgressions and suffering stop. Aware of the three-sided urgency that is craving for desire, for self-identification and to escape, subliminal intentions don't spring up to follow through as craving. Craving as the go-between link isn't engaged. Acknowledge how Conditions Arising causes and effects wane and craving is defused. Wisely Reflecting, the Wisdom Matrix recognition opens to Third Noble Truth Emptiness Deliverance for craving's cessation.

Awareness Penetration as insight: Initial Contact connects with craving's compulsion as a delightful and pleasure-filled pursuit;

Sustained Contact notes craving's urgency merging with flashing habitual intentions; Interest follows how craving forms as a response; 'Joy' directs the attention to a Wise Reflection away from self-identification; and having One-Pointed Clarity is awareness, understanding and a Wisdom Matrix clarification associated with the Third Noble Truth for craving's cessation and how the Conditions Arising suffering cycle actually ends.

Beyond the body/mind association, beyond self-impressions and feelings, the Noble Truth Emptiness Deliverance as insight undercuts the craving related to the Five Groups of Self-Attached Identification. Follow as awareness gives way to knowing, knowing then gives way to insight and a penetrating recognition. A noble insight displaces self-delusion, directing you to enlightenment or known Wisdom-Liberating Deliverance.

Wisely Reflecting, follow how recognition as a personal insight expands to an Emptiness wisdom-recognition. The Emptiness Deliverance insight undercuts craving's domination and realizes craving's necessary cessation.

The Fourth Noble Truth as awareness for the Middle Way Path to be followed to Wisdom-Liberating Deliverance

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for craving's cessation is experienced;**
- **Through the diverse conditions and actions of Wise Reflection for craving's cessation arising, awareness for the Fourth Noble Truth arises;**
- **With awareness for the Fourth Noble Truth arising, awareness for Nirvana and deliverance is known;**
- **And a Middle Way appreciation is followed.**

Straight forward and personally engaged, the whole of one's Insight Meditation experience joins triumphantly in the Fourth Noble Truth discernment—the Middle Way Noble Eightfold Path to ending self-

inspired suffering. The threefold emphasis (conduct-virtue, meditation-concentration and insight-wisdom) directs one from self indulgence and hostile extremes to Wisdom-Liberating Deliverance. Heralding fulfillment, peace and liberation, the Fourth Noble Truth is the Unshakeable Deliverance of Mind.

The Fourth Truth shares the Middle Way Noble Eightfold Path as the guidance to be followed and fulfilled to liberation: insight–wisdom as Wise Understanding and Wise Intention; conduct-virtue as Wise Speech, Wise Action and Wise Livelihood; concentration-meditation as Wise Effort, Wise Awareness and Wise Concentration. Covering every aspect of life (the intellectual, the ethical, and the psychological), the Middle Way Noble Eightfold Path is the prescribed course of treatment for dealing with self-promoted suffering. Purifying and transforming the layers of underlying dormant, active and transgressing defilements, craving after as delight and pleasure is cut off and eradicated. Perversely, there is an attitude that suffering proves just how strong one is and is something to surpass. But this accomplishes nothing and has no true appreciation and insight for life. With the self actor still alive and kicking, there would always be more challenging episodes to follow. The Four Noble Truths are experienced as a personal recognized wisdom-liberation from the self-centered misconstrued ordeal.

Settled and centered through Insight Meditation, reflect on how you first began meditating as a general awareness, matured and climaxing now to a wisdom breakthrough. Body relaxed and attention focused, follow how the self-attached habitual buildup disperses. Equanimity stands out as detachment from worldly pursuits and distractions. Personal insight is directed to a distinguishing non-self realization. The Wisdom Matrix clarification for Conditions Arising purposeful action joins with the Four Noble Truths to enlightenment or known wisdom-recognition.

Like wiping clean smudged eyeglasses, the Wisdom Matrix clarification penetrates the underlying misunderstanding and ignorance surrounding self-delusion. It isn't enough to know that one is suffering, but following the threefold Middle Way guidance subconscious compelling willed actions are eradicated and the self folly is done away with. Confident,

certain and realized, suffering's end is penetrated to know the Supreme Noble Truth—the Unconditioned.

Awareness Penetration as insight: Initial Contact notes the body/mind related stress surrounding self-identification; Sustained Contact distinguishes the self actor role playing one followed as a body/mind attachment; Interest as you release the craving for the body/mind identification; 'Joy' then as a personal Wise Reflection defuses self-consumed craving; and having One-Pointed Clarity discerns the Noble Truth recognition for craving's cessation and suffering's end as the Unshakeable Deliverance of Mind insight.

The Fourth Noble Truth Understanding follows the Middle Way Path to Wisdom-Liberation

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for craving's cessation is experienced;**
- **Through the diverse conditions and actions of Wise Reflection for craving's cessation arising, awareness for the Fourth Noble Truth arises;**
- **With awareness for the Fourth Noble Truth arising, understanding for Nirvana and deliverance is known;**
- **And a Middle Way appreciation is followed.**

If it weren't for suffering's tragic fallout, the Five Groups of Self-Attached Identification would be a slapstick-like amusing comedy. The threefold Middle Way application penetrates the Four Noble Truths vision and wisdom; conduct-virtue settling an impulsively driven nature allowing for a revealing and an intuitive meditation-concentration, and in turn a recognition as breakthrough insight-wisdom penetrates craving's cessation as delight and pleasure for a body/mind identification to realize suffering's end.

Settled and focused through Insight Meditation, experience the Five Groups of Self-Attached Identification not as a self actor but through the Wisdom Matrix clarification and proper wisdom of interacting conditions.

Wisely Reflecting, acknowledge physical pressures; perception as identification and bias; feelings through sense-contacted experiences; mental reactions as thought impressions; and conscious attention for life-actions or phenomena in general.

Acknowledge how craving's urgency as a delight and pleasure is cut short to no longer promote continued suffering action scenarios. Here you abide in the personal wisdom to know the cessation of self-fabricated and promoted intentions. The habitual buildup dispersing, equanimity stands out. Self-absorbed conceit falls away and restlessness subsides. Acknowledge cessation as equanimity and the peace from ending self-involvement. Like a child no longer scared of the dark and subduing the run away imagination, self-delusion fades and a distinguishing insight stands out. The Middle Way climaxes as a realization and fulfillment of the Four Noble Truths' Wisdom-Liberating Deliverance—a clarifying recognition and release from the self-obsessed folly.

Settling and centered through Insight Meditation as a present grounded and intuitive awareness, realize craving's detrimental role for desire, self-identity or seeking to escape. Allow craving's compelling urgency to relax and the habitual buildup to disperse. Follow the Middle Way appreciation not related to self extremes of indulgence and hostility. Acknowledge what it is like to NOT follow and jump headlong into a craved after pursuit and complications. The Conditions Arising suffering cycle is nullified. As though emerging from a dark cave, the Fourth Noble Truths clarification, understanding and wisdom is experienced as a personal enlightenment or known liberation and freedom from a one-sided and self-construed domination.

Awareness Penetration as insight: Initial Contact as awareness for the body/mind self identification; Sustained Contact follows on the craving for and in promoting self-identification; Interest relaxes the self-obsession and craving to turn towards cessation; 'Joy' realizes the release from self-related misunderstood ignorance; and having One-Pointed Concentration discerns the Noble Truth recognition ending self-promoted suffering as the Unshakeable Deliverance of Mind insight.

Wisely Reflecting, a Middle Way appreciation is followed as personal recognition expands to an Unshakeable realization for freedom from craving's self-pursuit to be suffering-free.

The Fourth Noble Truth Wisdom as the Unshakeable Deliverance of Mind

The Wisdom Matrix clarification for Conditions Arising causes and effects aligns with the Noble Truths wisdom-recognition:

- **Wise Reflection for craving's cessation is experienced;**
- **Through the diverse conditions and actions of Wise Reflection for craving's cessation arising, awareness for the Fourth Noble Truth arises;**
- **With awareness for the Fourth Noble Truth arising, wisdom for Nirvana and deliverance is known;**
- **And a Middle Way appreciation is followed.**

The Fourth Noble Truth is penetrated and personally fulfilled through the Middle Way Noble Eightfold Path: conduct-virtue (controlling acted on transgressing habits), meditation-concentration (controlling actively arisen habits), and insight-wisdom (eradicating dormant habits). Self-consumed greed, hatred and confusion and related craving go on to be eradicated. The grand illusion lifted, one isn't measured, defined relates to the body/mind Five Groups of Self-Attached Identification. The Wisdom Matrix clarification for Conditions Arising purposeful action is discerned—many actions giving the illusion of the 'one' or self.

Self-deception is a careless pursuit with craving after leading to suffering consequences. Problems as answers, follow as a personal awareness follows the Middle Way appreciation, exorcising the craving connection and bringing a halt to suffering actions. Everything in this conditioned Sense Realm is a distraction and is impermanent, dissatisfying and of a non-self impersonal nature. The Four Noble Truths liberating wisdom reveals the Ultimate Reality; Nirvana without self-reference or self-promotion as suffering's end.

Directed away from the craving for a body/mind obsession, acknowledge how your focus, view and understanding alters through a Middle Way appreciation (conduct-virtue, meditation-concentration and insight-wisdom). Transgressing habits transformed, acknowledge how undermining subconscious motives are cancelled, craving stopped, and self-fabrication nullified. Feel the relief and release to no longer delight or obsess over the body, feelings, perception, mental reactions or conscious attention as a self-attachment. A focused and discerned proper wisdom, the subconscious all-consuming self-monologue abates and a clarified recognition for the true nature of life and reality stands out.

The Wisdom Matrix recognition expands. Behind the impressions and feelings, behind the body/mind identification, the Fourth Truth as the Unshakeable Deliverance, liberation from self-promoted and deluded acts as well as the conditioned suffering cycle ends. The Noble Truths wisdom-recognition for non-self dislodges self-attached identification.

Like stepping through a mirror, you are no longer transfixed by a self-reflection. Realized is the Ultimate Reality and the Unconditioned Realm, Nirvana. Unshakeable, certain, confident, sure and undeniable, the deliverance from misunderstanding or ignorance is penetrated. Feel as the compelling self-absorbed burden for a body/mind identity is dropped and associated pressure, stress and suffering ends. This present Sense Realm ordeal now seems like a childish amusement. Wisely Reflecting, the Wisdom Matrix clarification aligns with the Fourth Noble Truth Unshakeable Deliverance of Mind—the misunderstanding (ignorance) for an off-base self-obsession eradicated.

Awareness Penetration as insight: Initial Contact engages the Middle Way Path; Sustained Contact applies conduct-virtue, meditation-concentration and insight-wisdom; Interest notes the Middle Way significance ending the craving for a body/mind self-identification; 'Joy' directs the mind as a Wise Reflection toward suffering's end (self-deluded ignorance clarified); and having One-Pointed Clarity is the awareness, understanding and wisdom as the Middle Way Path to Wisdom-Liberating Deliverance is fulfilled.

Beyond the body/mind association, beyond feeling and self-impressions, the Fourth Noble Truth Unshakeable Deliverance of Mind undercuts the craving for the Five Groups of Self-Attached Identification. Follow as awareness gives way to knowing, knowing then gives way to insight and a liberating recognition. The Noble Insight displaces self-delusion, directing you to enlightenment or known Wisdom-Liberating Deliverance. The Unshakeable Deliverance of Mind realizes the supreme Noble Truth—Nirvana, the Unconditioned Realm and the Ultimate Reality.

Proper Wisdom

Begun as a broadly related awareness for the body, feelings, mind and life-actions, while expanding and maturing as a Wisdom Matrix clarification for purposeful action, the Four Noble Truths vision unifies to a Wisdom-Liberating Deliverance enlightenment or known liberation for suffering's end. Life and reality as impermanent, dissatisfying, subject to suffering and as non-self, the Truths are a breakthrough realization for craving's role in promoting a body/mind identification as well as to the end of self-promoted suffering. The mind is delivered from the far-fetched misunderstanding (ignorance) for self-identification to realize Conditions Arising and penetrate the Supreme Noble Truth—Nirvana, the Unconditioned Realm.

Settled and focused through Insight Meditation, you detach from the many demands put on you through worldly pursuits and distractions. Acknowledge how the six contacted senses of eyes, ears, nose, tongue, skin and mind are not actively engaged or a distraction. Wisely Reflect on the moment without a self-related emphasis. Note how craving's urgency for delight and pleasure has abated and isn't compelling or urgent. Settling to a relieved clear-minded intuition, feel the equanimous abiding and release from self-promoted delusion.

Your awareness is directed as a Middle Way appreciation separated from the self-related extremes for indulgence and gratification and hostility and aggression to align with the Four Noble Truths. A proper

wisdom stands out—life and reality are realized without self-identification. Fulfilling the Middle Way Path, self-promoted suffering ends.

The Body

As a first point of reference including the breath's quality, reflect on the body. Discern the Noble Truths and Wisdom Matrix as a proper wisdom. Realize how external and internal generated conditions affect the body. The Four Dynamic Forces (earth, water, air and heat) making up the body are so many compounded impermanent actions and not self. Established through conditions (as they change so do the conditions cease and break-up), the elements make for solidity, fluidity, temperature, or a space/motion interaction.

Acknowledge and reflect how extension (material form both hard and soft), cohesion (liquid, moisture and gas), temperature (heat/cold), and motion (space/air) come to arise, thrive, engage and persist as a body as well as how the conditions cease or play out. Reflect on the experience of extension (solid) that are the organs, tissues and skeleton as a biologically functioning union; cohesion (liquid) blood, moisture and secretions as an essential lubrication, vitality and support; temperature (heat/cold) is generated through blood circulation and the body functioning; and motion (space/air) as the breath, air, respiration, and oxygen as well as the placement and functioning of the organs and physical features. Note the arising and ceasing conditioned particulars of physical phenomena. Together these basic forces reflect the causes and effects of many actions giving the illusion of the 'one' or body.

As a Noble Truth proper wisdom-recognition, discern the Wisdom Matrix and interacting Conditions Arising purposeful action. Multiple actions give the illusion of the 'one' solid, liquid, temperature and motion factors. As a proper wisdom, recognize how the internal factors and features of the body arise and cease. Conditions Arising causes and effects distinguished, the Wisdom Matrix and Four Noble Truths align to a liberating selfless discernment. Presently aware and Wisely Reflecting, attachment for the body diminishes.

Through a Middle Way appreciation, the body isn't taken as a personality view, isn't craved after as mine, nor is attached to as a self-conceit. Whether considering the body internally or through external sources, the body arises and ceases as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by the body. Proper wisdom is followed as a personal and intuitive recognition. Disenchanted and dispassionate, the body as body and not self.

Feelings

Pleasant, painful and neutral episodes, the six sense receptors of eyes, ears, nose, tongue, skin and mind are bombarded by sensory activity from external sources and affected internally as sense-contacted consciousness. There is no moment that a degree or level of feeling as pleasant, painful or neutrality isn't experienced as Conditions Arising causes and effects play out.

While meditating the senses and feelings are for the most part subdued to a neutral level, but realized are how they can be excited, lusted after, pursued, and overwhelming. Acknowledge how feelings are generated from sense-contacted actions and then go on to spark a self-reaction. Whether considering feelings internally or through external sources, feelings arise and cease as so many conditions, actions, influences and elements.

As a Noble Truth proper wisdom-recognition, discern the Wisdom Matrix and interaction of Conditions Arising purposeful action. Multiple actions give the illusion of the 'one' contributing in forming feelings. As a proper wisdom, recognize how the factors for feelings arise and cease through contact. Conditions Arising causes and effects distinguished, the Wisdom Matrix and Four Noble Truths align to a liberating selfless discernment. Presently aware and Wisely Reflecting, attachment for feelings diminishes.

Through a Middle Way appreciation, feelings aren't taken as a personality view, aren't craved after as mine, nor are attached to as a

self-conceit. Whether considering feelings internally or through external sources, feelings arise and cease as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by feelings. Proper Wisdom is followed as a personal and intuitive recognition. Disenchanted and dispassionate, feelings as feelings and not self.

The Mind

Habits and mental impressions churn and flash in the mind like so many distorted faces, jabbering mouths, and a cacophony of voices. The subconscious exposed, note the pressure and burden reflecting an underlying self-deluded identity. Feel the stress behind the mental reactions compelling one to think, speak and act. Subconscious dormant, active and transgressing habits go on to play out. Revealed is a misconstrued identification and attachment for mental reactions as a self actor.

Note how a self-history of memories and experiences are clung to, drawn upon and go on to dominate. Aware of the subconscious inner monologue and the chattering voice inside the head, realize how life and events don't happen randomly but follow as purposeful actions. Without pressing, follow the present settled awareness to detach from the misguided self-association. Follow the shift away from a self-obsessed attachment to how consciousness changes to be restful, detached, relieved and released.

As a Noble Truth proper wisdom-recognition, discern the Wisdom Matrix and interacting Conditions Arising purposeful action. Multiple actions give the illusion of the 'one,' a self-identity forms through contributing experiences of personal history, traditions and cultural make-up. As a proper wisdom, recognize how factors for the mind arise and cease. Conditions Arising causes and effects distinguished, the Four Noble Truths align to a liberating selfless discernment. Presently aware and Wisely Reflecting, attachment for mental reactions diminishes.

Through a Middle Way appreciation, the mind isn't taken as a personality view, isn't craved after as mine, nor is attached to as a self-conceit. Whether considering the mind internally or through external sources, the mind arises and ceases as so many conditions, actions, influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by the mind. Proper wisdom is followed as a personal and intuitive recognition. Disenchanted and dispassionate, the mind as mind and not self.

Life-Actions

Actions or phenomena stir a beguiling one-sided, self-construed conscious take on life. Action moment after action moment, craved after instances arise and play out as suffering consequences. Contacted and impressed upon, day to day involvements are an assault. Grasping as a self actor, the burden and suffering associated with self-identification follows. Sorrow, lamentation, pain, grief, and despair are experienced. Even if you are right it won't last for long!

Through an intuitive experience, separate from the self-fixation. Note how a self-directed consciousness blurs your attention and disconnects you from reality. Through actions, consciousness arises and then goes on to cease. Follow the shift away from a self-pursued craving to a relieved, released and detached conscious awareness.

As a Noble Truth proper wisdom-recognition, discern the Wisdom Matrix and interacting Conditions Arising purposeful action. Multiple actions give the illusion of the 'one' life-action. As a proper wisdom, recognize how the factors generating life-actions arise and cease. Conditions Arising causes and effects distinguished, the Wisdom Matrix and Four Noble Truths align to a liberating discernment. Presently aware and Wisely Reflecting, attachment for life-actions diminishes.

Through a Middle Way appreciation, life-actions aren't taken as a personality view, aren't craved after as mine, nor attached to as a self-conceit. Whether considering life-actions internally or through external sources, life-actions arise and cease as so many conditions, actions,

influences and elements. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by life-actions. Proper wisdom is followed as a personal and intuitive recognition. Disenchanted and dispassionate, life-actions as life-actions and not self.

The Four Noble Truths wisdom-recognition climaxes as a proper wisdom: from the conditions of misunderstanding, a misconstrued self-notion arises and suffering plays out; following a Middle Way appreciation, life and reality are discerned as non-self; Nirvana as liberating cessation from self-reference and self-promotion, suffering's end is known and experienced.

The Fourth Noble Truth: The Middle Way Noble Eightfold Path Deliverance

Climbing a mountain you wouldn't rush up the sheer cliff or running a marathon one wouldn't sprint all out. A steady, conscientious, and dedicated approach is needed. With the self-hoax exposed, the Middle Way Noble Eightfold Path is fulfilled as Wisdom-Liberating Deliverance—the Unshakeable Deliverance of Mind.

Traditionally the Middle Way Noble Eightfold Path is referred to as turning a wheel, putting into motion the profound significance of the Four Noble Truths with the eight Middle Way factors as spokes framed by the Truths. As a practical metaphor and analogy, it may be useful to also see the Middle Way as a pyramid with the eight factors as building blocks towering together supporting personal realization and bringing self-related suffering to an end. Wise Understanding of the Four Noble Truths as insight-wisdom makes up the pyramid's ground base with conduct-virtue and meditation-concentration following. In this way, all three areas of the Middle Way are unified and support one another in eradicating self-delusion. Also referred to as the final action guided by wisdom to end all self-related action, the Middle Way stands in contrast to the extremes of careless sensual indulgence and hostility bordering on self-abuse.

If a vitamin tablet had only one mineral or nutrient, it wouldn't be all that affective. The prescribed supplement for ending suffering is the full Noble Eightfold Path regimen—Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Awareness and Wise Concentration. The Middle Way Path emphasizing conduct-virtue (controlling acted on transgressing habits), meditation-concentration (controlling actively arisen habits) and insight-wisdom (eradicating dormant habits) is applied and followed, climaxing as liberation from the misunderstood delusion related to Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention).

The Four Noble Truths and the Middle Way Path have always existed, but self-obsessed ways kept you from knowing the emancipating truth. Lead astray by worldly pursuits, you have been lost and accident prone

trying to fulfill a self-ideal. With Insight Meditation as a grounded awareness, recognized is the effect subconscious intentions have on your life as dormant, active and transgressing habitual behavior. Wisely Reflecting and intuitive, goodwill is cultivated and the Monkey Mind tamed while Wise Action (or precepts) are applied as responsible conduct. Realizing impermanence as well as the non-self nature of life, the Wisdom Matrix for Conditions Arising causes and effects (multiple actions giving the illusion of the 'one' or self) is penetrated. Recognized is how craving as delight and pleasure carries over to suffering consequences. Through the unifying and liberating Fourth Noble Truth, the Middle Way Noble Eightfold Path is fulfilled and self-suffering ended.

One must, however, be careful not to substitute or create further self-attachments. The Middle Way aligns with the Four Noble Truths threefold assimilation of awareness, understanding and penetrating wisdom. All encompassing, beyond the conventions of time, culture, history or self-expressed constraints, the Noble Truths along with the Wisdom Matrix clarify life and reality: how actions and conditions arise and play out, the cessation of actions and conditions, and the Middle Way Path eradicating self-delusion.

A harmony of insight-wisdom; conduct-virtue and meditation-concentration, the Middle Way follows to final Stream Entry deliverance, a two part experience of knowledge and release or 'fruit and reward.' Never again to fall back into self-promoted suffering, key debilitating habits are cut off over the course of Stream Entry's four stages. The final attachments to self-conceit, restlessness and misunderstanding (ignorance) are exorcised.

The Middle Way

Within the Noble Eightfold Path there are two levels of maturing experience and understanding: the Preliminary Path (also referred to as 'mundane') and Wisdom-Liberating Deliverance (or 'super mundane'). The Preliminary Path applies the Middle Way as a basic moral guideline and general self control for habitual actions while Wisdom-Liberating

Deliverance follows the Middle Way eradicating the craving promoting self-related instances to the final wisdom breakthrough to the Ultimate Reality or the Unconditioned Realm, Nirvana.

As a natural passage and maturing personal intuition, the Preliminary application are steps everyone must take. However, the Four Noble Truths haven't been fully realized. Preliminary Understanding sees the role of self-inspired actions, without connecting with the Noble Truths greater liberating significance for the Unconditioned Realm, Nirvana. Through preliminary application of the Middle Way, detrimental and beneficial intentions are recognized. Avoiding the extremes of indulgence and hostility, a Middle Way appreciation without judgment, bias or attachments matures.

Established in the basic understanding and application as wisdom-recognition for karma or motives, the Middle Way goes on to emphasize Right Understanding as insight-wisdom distinguishing a correct understanding of life and reality as well as the recognition for one's intentions.

Preliminary Understanding

Dominated by misguided habits and worldly pursuits, the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) are mistaken as a real self. Years of conditioning and ingrained habits don't disappear overnight. Preliminary Understanding focuses on 'good' or beneficial intentions as a higher moral ground. Best serving one's self and others by first being aware, engaged and responsible, the Noble Truths insights haven't been recognized. Here the Middle Way is more the 'golden rule.' There has been a lot of 'wrong understanding,' but following the Wisdom Matrix recognition the true nature of life as action based rather than self in origin is discerned. The Four Noble Truths big picture for non-self insight, Conditions Arising as purposeful action (craving linking the past, present and future), and craving's cessation cutting off self-promoted actions are slowly realized. The Middle Way Path is followed as a personal and intuitive wisdom ending all self-related actions.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Through the breath's awareness note the stress, tension and pressure affecting the body as well as the mind (the two communicating and reflecting a self-attached upheaval). Acknowledge how the breath is stressed and the mind narrows around self-defined impressions. Recognize how craving follows seeking to fulfill a self-ideal. Breathe deeply to relax facial tension (lined forehead, lips tightly closed, jaw clenched) as well as chest, abdominal and pelvic pressures. Note how the body/mind obsession for the Five Groups of Self-Attached Identification dominates. Acknowledge how charged habitual intentions as a streaming conscious monologue inspires and goes on to undermine you igniting craving. Subconscious intentions then flare up and run amuck. Sense the underlying struggle as images flash and intentions urge one on to think, speak and impulsively act out. Recognize the ongoing burdensome conflict absorbing you to fulfill self-expectations. Avoiding the extremes for indulgence and hostility, the Middle Way experience without judgment, bias or attachment is followed. As a Preliminary Understanding, the Middle Way serves to connect with dormant, active and transgressing intentions. The thought before the thought or action, follow how self-promoted intentions form.

There is a general awareness for life as impermanent, dissatisfying and of a basic non-self nature (Conditions Arising). However, the Four Noble Truths are taken for granted without true insight. The self actor goes on to engage in greed, hatred and confusion, leading to compromising actions and suffering consequences. The Five Wise Actions are applied as a moral guideline transforming hatred to goodwill; miserliness to generosity; lying to honesty and truthfulness; lust to caring and compassion; and drug and alcohol use to clear-minded sobriety.

Awareness Penetration as concentration: Initial Contact settles on the breath's quality; Sustained Contact as an intensified Wise Reflection regards how subconscious intentions form; Interest discerns how greed, hatred, harming as well as renunciation, goodwill and compassion arise; 'Joy' follows a Middle Way appreciation rather than self-promotion; and

having One-Pointed Clarity, Preliminary Understanding detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Preliminary Intention

Recognize how subconscious intentions flare up from deep seated habits, provoking you to think, speak and act out. You can be out of touch and carelessly act on these impulsive habits, or be aware and responsible through an engaged wise intention—desire, hatred and harming vs. renouncing desire, along with promoting goodwill and compassion. Intentions or motives (karma) play a crucial role in directing one's life. Here the Middle Way conduct-virtue serves as a moral compass. This Preliminary experience is like heeding road signs recognizing detrimental and beneficial intentions rather than a true insight. Preliminary Intention sees the role of self-inspired actions, but has yet to connect with the Noble Truths wisdom-recognition. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Settling deeper into Insight Meditation, below the level of calm abiding, sense how pressured conceit and restlessness limit you as a self actor. Feel the buildup of accumulated habits. Through the breath's awareness note the stress, tension and pressure affecting the body as well as the mind (the two communicating and reflecting a self-attached upheaval). Gently relax and release the self-compounded anxiety. Sense how the self actor clings, dominates and is a burden (facial muscles and abdomen taut as well as thinking blurred). Allow greed, hatred and confusion to slowly disperse.

Renunciation—Restraint as patience relating to sense-contacted experiences is applied. Not indulging craving for sensual gratification, the mind clears as the desirous urgency settles down. Calm and reflective, self-serving ways give way to a deepening Wise Intention. As a preliminary wisdom, the present is seen and experienced without self-

construed involvement. Applying renunciation, the Five Wise Actions are followed.

Goodwill—Not a mere pacification, but goodwill is applied as a peaceful offering and abiding. Caring and generous, self-serving ways give way to a deepening Wise Intention. As a preliminary wisdom, the present is seen and experienced without self-construed involvement. Applying goodwill, the Five Wise Actions are followed.

Compassion—Resolved and without hostility or aggression, habits are redirected. Patience, kindness and tolerance stand out. Self-serving actions give way to a deepening Wise Intention. As a preliminary wisdom, the present is seen and experienced without self-construed involvement. Applying compassion, the Five Wise Actions are followed.

Awareness Penetration as concentration: Initial Contact settles on the breath's quality; Sustained Contact as an intensified Wise Reflection regards how subconscious intentions form; Interest discerns how greed, hatred, harming as well as renunciation, goodwill and compassion arise; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Intention detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Established in the basic understanding and application for intention (karma) as a moral guidance, the Middle Way goes on to emphasize Right Action as responsible conduct-virtue for one's speech, action and livelihood.

Preliminary Speech

Here speech is a fourfold directive—truthful, timely, caring and engaged.

Of course, what is really emphasized is control over the mind and self-impulsive ways. The affect of Preliminary Intention and consideration

for speech reflects an aware and responsible person rather than being impulsive and overwhelmed by worldly distractions. Verbalizing intentions, language falls into self-serving patterns. Self-consumed greed, hatred and confusion compel one to voice acceptance or disapproval and plunge you into a conflicting war of words. Preliminary Speech distinguishes the role of self-inspired actions, but has yet to connect with the Noble Truths wisdom-recognition. Through Preliminary Speech, detrimental and beneficial intentions are recognized. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Through the breath's awareness note the stress, tension and pressure in the body as well as the mind (the two communicating and reflecting a self-upheaval). Gently relax and release the compounded self-anxiety. Sense the clinging domination of the self actor (facial muscles and abdomen taut as well as thinking blurred). Allow greed, hatred and confusion to slowly disperse.

Truthful Speech: Words and communication are honest, straight forward, without deception and express trust. Wisely Reflecting, intentions and where your words are actually leading you is realized.

Timely Speech: There is no need to run off at the mouth to communicate every whim and thought, but rather there is a better sense of the moment and relating meaningfully to people. If there is nothing beneficial to say then Noble Silence is followed. The patience to listen is an important quality to have. Wisely Reflecting, intentions and where your words are actually leading you is realized.

Caring Speech: Words can be hurtful or helpful, insulting or of benefit. More harm is done by ill spoken words and character assassination than physical actions. Words can be a spear-like stabbing or a soothing, honest expression. Wisely Reflecting, intentions and where your words are actually leading you is realized.

Engaged Speech: Gossip and idle chatter reflect weaker and ignoble self-centered qualities. One is thoughtful not to get carried away, back stab or spread rumors, pausing and reticent before blurting things out. Wisely Reflecting, intentions and where your words are actually leading you is realized.

Awareness Penetration as concentration: Initial Contact settles on the breath's quality; Sustained Contact as an intensified Wise Reflection regards how thoughts form into speech; Interest discerns the will to speak; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Speech detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Preliminary Action

Purposeful action underscores all life. A Wisdom Matrix recognition, nothing happens without a reason following as causes and effects. Self-directed careless actions or mindful, responsible actions are engaged—impulsiveness vs. Wise Reflection. The Middle Way as conduct-virtue directs one to be aware of his or her actions. Wise Action limits suffering.

Deeds and actions all stem from a body/mind obsession for the Five Groups of Self-Attached Identification. Greed as desiring, hatred as a defensive disliking, aversion or threat, and confusion as doubt and worry, all lead to compromising actions. Follow how intentions give way to pressured responses, then carry over to careless deeds and actions. Hard-wired habitual directives are less about free will and more about deep seated habits. Preliminary Action sees the role of self-inspired actions, but has yet to connect with the Noble Truths wisdom-recognition. Through Preliminary Action, detrimental and beneficial intentions are recognized. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Through the breath's awareness note the stress, tension and pressure affecting the body as well as the mind (the two communicating and reflecting a self-attached upheaval). Gently relax and release the compounded self-anxiety. Sense the clinging domination of the self actor (facial muscles and abdomen taut as well as thinking blurred). Allow greed, hatred and confusion to slowly disperse.

The Five Wise Actions serve as a guidance for how to better live life—goodwill, generosity, truthfulness, compassion and sobriety. There are no short cuts. A sincere effort is made to offer goodwill; to be generous and share with others; speak truthfully; have compassion rather than be lustfully obsessed; and sobriety as living responsibly rather than intoxicated. Life is made better through Wise Action. Always reflect and remember to treat others as you would like to be treated.

Awareness Penetration as concentration: Initial Contact settles as a breath awareness; Sustained Contact as an intensified Wise Reflection regards how intentions form; Interest discerns the will to act; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Action detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Preliminary Livelihood

Livelihood is how you engage and spend your time. Self-deceived game playing, seduction and fantasy lead one to a craving after suffering fallout. Preliminary Livelihood is grounded as a Wisely Reflected responsibility for thoughts, speech and actions.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Through the breath's

awareness note the stress, tension and pressure affecting the body as well as the mind (the two communicating and reflecting a self-attached upheaval). Gently relax and release the compounded self-anxiety. Sense the clinging domination of the self actor (facial muscles and abdomen taut as well as thinking blurred). Allow greed, hatred and confusion to slowly disperse.

Acknowledge how persisting dormant, active and transgressing habitual impulses fuel greed, hatred, and confusion. Note how one is charged and driven as a self actor. Physical tension and a confused attention mask the underlying self-disturbed dilemma. Preliminary Livelihood sees the role of self-inspired actions, but has yet to connect with the Noble Truths wisdom-recognition. Through Preliminary Livelihood, detrimental and beneficial intentions are recognized. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Not everything one does is beneficial or helpful. You may delude yourself to think that recreational drug use is inconsequential, but how much better would you be sober? Time spent at the local bar, watching mindless TV shows, over indulging in food, drink and sex, are a distraction. Renunciation and restraint help realize a simple happiness and peaceful life. Work also reflects one's well being; high-pressured, fast talking sales, looking for profits and rewards, all to fulfill a degree of self-status. Honest work is fruitful, simple and joyful. Realized is where intentions are leading you.

Awareness Penetration as concentration: Initial Contact settles through the breath's awareness; Sustained Contact as an intensified Wise Reflection regards how intentions form; Interest discerns the will for proper livelihood; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Livelihood detaches from self-related expressions.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Established in the basic understanding and application for purposeful action as a moral guidance and responsibility, the Middle Way goes on to emphasize Right Concentration highlighting meditation-concentration as a distinguishing awareness for life through effort, awareness and concentration.

Preliminary Effort

Intention and effort overlap and share common ground, but where intention directs the mind and attention, effort is the applied energy to engage and perform the intended action whether unwholesome and detrimental or wholesome and beneficial. Effort is the actual recognition to make changes, preventing and stopping detrimental transgressing habits while promoting beneficial actions.

Engaged in Preliminary Effort, thoughts, speech and actions are monitored as detrimental and beneficial intentions are recognized. Do they affect one or others adversely? If so, stop from acting on the detrimental impulse while if the motive is positive proceed with the responsible action. Note how craving's urgency is stopped from escalating to suffering consequences. Should one slip up, acknowledge the faux pas to rejoin with the proper effort. You must guard against too strong an effort leading to restlessness, coming across as high-minded, or being casual and falling back into laziness. Preliminary Effort sees the role of self-inspired actions, but has yet to connect with the Noble Truths wisdom-recognition. Avoiding the extremes of indulgence and

hostility, a Middle Way experience is followed without judgment, bias or attachment.

There are eight corresponding worldly-related actions (vicissitudes): gain/loss; fame/dishonor; praise/blame; happiness/pain. Worldly pursuits are short lived, distracting, a let down, and guaranteed to leave one dissatisfied.

Fulfillment and wisdom come down to being happy and secure with who one is through simple basic needs. Followed is the humble life creed of having sufficient food, clothing, shelter and medicine to live adequately and not a life of excess and luxury.

Acknowledging intentions, sense the pressures to fulfill and satisfy a self-image. Greedily seeking, trying to please and be accepted, one is left unfulfilled. Feel the exhaustion that is the worldly tug-of-war, conflicts and temptations. Note the stressful communication between the body and mind as habitually charged energies are tormenting and compromising. Wisely Reflecting, self-indulged behavior is noted. Whatever the situation, moment or encounter, be patient, determined and firm. The Middle Way guidance for thoughts, speech, and actions align to reflect understanding and responsibility.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Acknowledge how detrimental habits cloud the mind as a self-consumed-like fog. Greed is an exhausting runaround, hatred is detrimental, and confusion is like being lost and confounded. Feel the effects on the body as well as how the mind narrows and is limited by a one-sided self-directive.

Awareness Penetration as concentration: Initial Contact settles through the breath's awareness; Sustained Contact as an intensified Wise Reflection regards how effort forms; Interest discerns how effort is engaged; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Effort detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Preliminary Awareness

Preliminary Awareness is grounded in four common experiences—the body (of which the breath is part) and material forms; feelings as pleasant, painful and neutral experiences; the mind, mental states and reactions; and life-action as phenomena in general. Preliminary Awareness sees the role of self-inspired actions, but has yet to connect with the Noble Truths wisdom-recognition. Through Preliminary Awareness, detrimental and beneficial intentions are recognized. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Through the breath's awareness note the stress, tension and pressure affecting the body as well as the mind (the two communicating and reflecting a self-attached upheaval). Gently relax and release the compounded self-anxiety. Sense the clinging domination of the self actor (facial muscles and

abdomen taut as well as thinking blurred). Allow greed, hatred and confusion to slowly disperse.

Awareness for the body: settled and focused through Insight Meditation, the breath's quality reveals a charged biology. Followed is an appreciation and familiarity for the body. Wisely Reflecting, the body is noted as weakening and isn't to be identified as self, but as an underlying insight for all activities and experiences as short-lived as well as of a non-self nature (Conditions Arising). The general areas of posture, walking, standing, sitting and lying down are dutifully noted. Through a Wisdom Matrix clarification life is recognized as so many conditions arising rather than self-obsessed. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Awareness for feelings: settled and focused through Insight Meditation, feelings arise with each and every moment as either pleasant, painful or neutral experiences. Followed is an appreciation and familiarity for feelings. Wisely Reflect as a witness and observer rather than attached and reacting as a self-actor to pleasant feelings, rejecting outright painful episodes, or ignoring neutral moments. Attentive rather than overwhelmed by sense-contacted impressions, view their arising and ceasing as short-lived as well as their non-self nature (Conditions Arising). Through a Wisdom Matrix clarification life is recognized as so many conditions arising rather than self-obsessed. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Awareness for the mind, mental states and reactions: settled and focused through Insight Meditation, the subconscious self-monologue associated with greed, hatred and confusion is noted. Followed is an appreciation and familiarity for the mind. Wisely Reflect on the short-lived nature of thoughts without indulging or being dominated by them as well as their non-self nature (Conditions Arising). Through a Wisdom Matrix clarification life is recognized as so many conditions arising rather than self-obsessed. Avoiding the extremes of indulgence and

hostility, a Middle Way experience is followed without judgment, bias or attachment.

Awareness for life-actions or phenomena: settled and focused through Insight Meditation, one turns away from a self-perspective to note how life follows a course of purposeful action, arising, ceasing and impermanent as well as of a non-self nature (Conditions Arising). Followed is an appreciation and familiarity for life-actions. Through a Wisdom Matrix clarification life is recognized as so many conditions arising rather than self-obsessed. Avoiding the extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Awareness Penetration as concentration: Initial Contact settles through the breath's awareness; Sustained Contact follows Wise Reflection as an intensified awareness; Interest discerns the body, feelings, mind and life-actions; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Awareness detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

Preliminary Concentration

Greed, hatred and confusion are a limiting self-focus—life as an I, me, mine justification. Craving as delight and pleasure, pursuing self-fulfillment leads to suffering. A whirlwind of sense-contacted impressions, renunciation and restraint help subdue Monkey Mind prone distractions to not be taken in by self indulging or hostile extremes. Equanimity stands out. With conduct-virtue in check and being responsible, one is able to concentrate and discern the deeper role involving self-related intentions. Preliminary Concentration sees the role of self-inspired actions (karma), but has yet to connect with the Noble Truths wisdom-recognition. Through Preliminary Concentration, detrimental and beneficial intentions are recognized. Avoiding the

extremes of indulgence and hostility, a Middle Way experience is followed without judgment, bias or attachment.

Settling deeper into Insight Meditation, below the level of calm abiding, sense the pressured conceit and restlessness limiting you as a self actor. Feel the buildup of accumulated habits. Through the breath's awareness note the stress, tension and pressure affecting the body as well as the mind (the two communicating and reflecting a self-attached upheaval). Gently relax and release the compounded self-anxiety. Sense the clinging domination of the self actor (facial muscles and abdomen taut as well as thinking blurred). Allow greed, hatred and confusion to slowly disperse.

A clear awareness stands out. Self-promoting transgressions are temporarily subdued. Note how the mind settles to shift from a scattered self-confusion to Wisely Reflect on one's thoughts and actions. Self-conceit and the accompanying restlessness quiet down. Subconscious impulses held in check, a clear understanding of life emerges—impermanent, dissatisfying, and of a non-self nature (Conditions Arising).

Awareness Penetration concentration: Initial Contact settles through the breath's awareness; Sustained Contact as an intensified Wise Reflection notes self impulses; Interest discerns self-distracted involvement; 'Joy' follows a Middle Way appreciation rather than self-promotion; and having One-Pointed Clarity, Preliminary Concentration detaches from self-related expression.

The Middle Way experience as a Noble Truth discernment and the Wisdom Matrix clarification slowly mature.

The Middle Way Noble Eightfold Path as Wisdom-Liberating Deliverance

The Middle Way Noble Eightfold Path deepens and matures to a wisdom liberating fulfillment. A three-tiered application—Right Understanding as insight-wisdom does away with dormant self-obsessed habits and delusions, Right Action as conduct-virtue does

away with active self-obsessed habits and delusions, and Right Concentration as concentration-meditation does away with transgressing active self-obsessed habits and delusions. The true significance of the Four Noble Truths and Wisdom Matrix climaxes as enlightenment or breakthrough wisdom. Craving (for desire, self-identification and seeking to escape) cut off, suffering's end is realized—Nirvana, the Unconditioned Realm. The fulfillment of the Middle Way Path is the action guided by wisdom ending all self-attachment and related self-inspired actions and suffering.

Insight-wisdom as the first of the three Middle Way factors establishes the Four Noble Truths as a necessary Wise Understanding and Wise Intention to correctly direct one on the Middle Way Path to ending self-suffering. Conduct-virtue follows (Wise Speech, Wise Action and Wise Livelihood) and meditation-concentration (Wise Effort, Wise Awareness and Wise Concentration) continue as a practically applied unification following to Wisdom-Liberating Deliverance.

Misunderstanding, life had been erroneously categorized as eternal or not existing (annihilation). Missed completely is the Middle Way appreciation for the Noble Truths non-self insight and the Wisdom Matrix relationship for Conditions Arising (the many giving the illusion of the 'one' or self). Self-fixated thoughts and actions in turn formed, were promoted and actively expressed, and suffering followed. Now Wisely Reflecting, self-alienating extremes clear to discern the self-hoax and the Ultimate Reality, Nirvana.

Revealed is the obsession with the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) and the craving involved in order to fulfill a self-ideal. The Wisdom Matrix clarification for Conditions Arising as purposeful action stands out in contrast to the transfixing self-illusion.

The Middle Way Right Understanding

Wise Understanding and Wise Intention form around the Four Noble Truths vision and understanding for non-self and craving's role as well

as the Wisdom Matrix clarification for Conditions Arising. A liberating recognition slowly emerges.

Wise Understanding—Crucial to putting you on the correct path to realizing the life's true nature, the Four Noble Truths as a proper wisdom reveals a deluded self-hoax (the Five Groups of Self-Attached Identification—body, feelings, perception, mental reactions and conscious attention) as well as the craving (for desire, self-identity and seeking to escape) leading to suffering. All encompassing, beyond the conventions of time, culture, history and self-expressed limitations, the Noble Truths along with the Wisdom Matrix clarify reality.

Wise Intention—Highlighting every thought, spoken word and action, intention is the thought before the thought (karma) as either careless, irresponsible and detrimental or aware, responsible and beneficial.

Wise Understanding

Wise Understanding builds on the Noble Truths foundation and the Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Understanding is experienced**
- **Through the diverse conditions and actions of Right Understanding arising, Wise Understanding arises;**
- **With Wise Understanding arising, the Four Noble Truths are realized directed towards craving's cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Understanding actively applies the Middle Way's Right Understanding.

Not correctly understanding or knowing, one is a victim of ignorance and an erroneous self-deception as a burdensome struggle plays out to uphold and fulfill a self-delusion. The Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and

conscious attention) are mistaken as self when in fact Conditions Arising as causes and effects, multiple actions interact giving the illusion of the 'one' or self.

Now Wisely Understanding, the body/mind self-hoax is penetrated. Misunderstanding (ignorance) leads to compromising transgressions as deep seated habits stir and dominate. Craving after as delight and pleasure thrives seeking to fulfill desire, a self-identity or seeking to escape. Thoughts, speech and actions engage in self-promotion and play out as suffering consequences.

Like cultivating a seedling, Wise Understanding and the Middle Way factors take root to mature and blossom overtime to a liberating wisdom. Insight Meditation and the Middle Way appreciation have prepared you. The Four Truths require complete honesty and dedication to eradicate the many disguised and subtle layers of self-deceived attachment. The self-charade ends when craving's drive to pursue and fulfill a self-character is cut off.

Six distorted views standout: the misunderstanding for a self or not having a self; the view I have no self; thinking that perceives things as self or assuming that through self not-self is perceived; the thinking that by means of self not-self is perceived; presuming that it is precisely by means of not-self that self arises; or the misperception for an immortal self-character or soul.

While all of this may seem too much and a needless quibbling, what it comes down to in plain and simple terms is how self-delusion misleads, compromises and ends in suffering. For example, even the simple indulgence for a piece of chocolate is self-motivated, seeking to satisfy a desire while if failing then a suffering backlash is experienced. Acknowledge how self-conceit keeps you restless, impulsive and habitually dominated. Craving as delight and pleasure then carries over as desire, to uphold a self-identity or to seek an escape, all leading to a transgressing suffering fallout.

Self-fixated extremes are tormenting—wrong views, habits, craving and attachments. Overlooked is the Wisdom Matrix of interacting conditions connected through purposeful action. All other understandings, views,

experiences and practices are self-directed, supporting and upholding some degree and level of self-delusion. The Four Noble Truths insight correctly reveals life and puts one on track to liberation.

The Noble Truths as Wise Understanding along with Conditions Arising are recognized—self is suffering; the craving after to a pursue self-fulfillment; craving stopped, self-suffering ends; and the Middle Way guidance is followed to deliverance. Through Wise Understanding self's beguiling trappings are recognized. Begin to release your misconceived views. Acknowledge the relief and release as one emerges from a confused self-domination to a clarifying Noble Truth realization.

The Noble Truths wisdom-recognition culminates as a personal liberating wisdom-recognition. Slowly breaking with careless self-associations, experience non-self insight and freedom. Wisely Reflecting, whether viewing and considering the Five Groups internally or through their external sources, all arise and cease as so many conditions, actions, influences and elements without having a unique self-identity. Not to be identified, delighted in or pursued as a past, present or future self-reference, one isn't measured or defined by the Five Groups of Self-Attached Identification. Follow as self-dominating habits are released and disperse.

Awareness Penetration as insight: Initial Contact follows the breath, body, feelings and mental states; Sustained Contact connects with the self-related stress absorbing you; Interest allows the self-directed craving to relax and disperse; ‘Joy’ turns away from self extremes to the Middle Way Wise Understanding discernment; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or a breakthrough wisdom as self-inspired craving ceases.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering’s end.

Wise Intention

Wise Intentions builds on the Noble Truths Wise Understanding foundation and the Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Intention is experienced;**
- **Through the diverse conditions and actions of Right Understanding arising, Wise Intention arises;**
- **With Wise Intention arising, subconscious compelling karma is realized directed towards craving’s cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Intention actively applies the Middle Way's Right Understanding.

Wise Intention connects with the subconscious mental dialogue for the karma or motives driving one to think, speak and act as a self actor. Unfortunately a mistaken body/mind identification was followed. Having Wise Understanding, the Middle Way's Wise Intention distinguishes careless self-centered motives and how a self-bias flares up to dominate. The thought before the thought or action, intentions join with craving to engage in promoting self-deluded actions. Wise Intention as a clarifying recognition forms: renunciation for desire (control over the senses); goodwill curbing ill will; and compassion transforms harmfulness.

Somewhat like a computer hard drive, the subconscious is reformatted—from self-corrupted to a wiped clean and expanded wisdom capacity. However, one doesn't reestablish the Noble Truth non-self recognition as another version of self, but rather as an intuitive understanding and directed release from all self-defined actions. Not coveting or jealous, caring stands out. Animosity isn't held, cruelty is dropped, and aggression or hostility isn't engaged. The Middle Way Path without self extremes is followed.

A volcano-like analogy helps understand how motives smoke, vent and erupt as dormant, active and transgressing habits.

Dormant—Habit potentials persist as deep-seated or latent. The dormant stage is deceptive as desire hasn't been controlled and can erupt at anytime to wreck havoc on your life. Here subconscious self-directed episodes are revealed. Through a Middle Way appreciation, the self-charade is discerned and how craving leads to future consequences.

Active—Habits come to mind as impulsively charged choices and potentials. Renunciation and restraint are applied along with the intention to responsibly think, speak and act.

Transgressing—Here self-intentions are actively expressed as habits go on to join with craving to have suffering consequences.

Through Wise Intention self-directives are channeled as renunciation, goodwill, and compassion. Wisely Reflecting, the Noble Truths wisdom-recognition insight for non-self is discerned. Self is seen as a handicap. Everyone wants to be happy and fulfilled, however self-attachments make it more challenging for less experienced persons than for others who are further along on the Middle Way Path. Renouncing greed, hatred and harming to be patient, controlled and caring, wholesome and beneficial intentions form.

Settled and focused through Insight Meditation, recognize the subconscious mental monologue as karma or intentions form. A body/mind all-consuming obsession, recognize how images flash and voices chatter forming as self-expressed intentions.

Note how self-centered intentions are restless, worrisome, are defensive, plot and desire. Feel how the breath's quality is stressed and constricted. Expectations are physically tense and mentally harmful as a suffocating stressful pressure. Acknowledge how one's attention narrows to form around a self-association. A body/mind connection, the Five Groups of Self-Attached Identification are unsettling.

The self-motivated dialogue as unnerving and disarming, gently allow self-accumulated habits to disperse. An electric-like charge, one's whole being is under high-voltage stress. Nervous breakdowns, depression, impatience, anger and emotional outbursts are overwhelming. The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance.

Normally self is all consuming, but through Wise Intention impulsive habits are controlled and subdued. Sensual pursuits, ill will, and harming are disengaged.

Wise Intention as Renunciation (without desire)

Distracted and overwhelmed by unnecessary involvements and experiences, as a self actor one literally jumps and reacts with every

sense-contacted action that comes along. Intentions then become misguided (craving as delight and pleasure for desire, to uphold a self-identity or seeking to escape). As a body/mind identification, the six senses are all-consuming reference points. Through a Middle Way appreciation and Noble Truth recognition, Wise Intention gives way to renunciation and restraint rather than desire.

Renunciation is often misunderstood. As a Middle Way experience, renunciation is applied as an intention or forethought preventing sensory stimulation from escalating to an out of control desire. Eyes/forms, ears/sounds, nose/scents, tongue/tastes, and tactile/touch—each sense contacted impression is a separate action misinterpreted and mistaken as a self-experience. Responsible and discerning, cultivating Wise Intention as a proper intuition for life, the Middle Way appreciation subdues habitual impulsiveness.

Breathe deeply 5-7 times to establish a present connected awareness. Self-intentions swirl around, flash and whisper softly, seeking an outlet. Desire is a suffocating reaction, and a painful stress. Slowly relax. Motives or intentions as the thought before the thought or action are nothing more than charged habitual impulses. Feel the physical tension passing through the body while the attention narrows to a self-identified association. As a Wise Reflection following a Middle Way appreciation, note how stress disperses. Through Wise Intention the subconscious dialogue is positively dealt with and reined in. Guided by Wise Intention the subconscious mental dialogue is recognized to then positively deal with the challenging situation. As a Wisdom Matrix clarification, follow how desire arises from conditioned interacting impulses.

Self-intentions swirl around, flash and whisper softly, seeking an outlet. Desire is a dizzying reaction, affecting one physically as anxious stress (breathing labored, blood pressure rises and adrenaline increases). Sense-contacted impressions are overwhelming. Slowly relax. Following the breath's quality, feel how everyday distractions and habits dominate. Attention settling as concentration, note the relief as desire disperses and tapers off.

Wisely Reflecting, acknowledge the compelling affect intentions have on you. Acknowledge the dormant, active and transgressing subconscious flow of desire forming as a self-promoted action. Settling in concentrated awareness, feel the emergence of patience to then go on and have control over one's thoughts, intentions and actions. Self-attachment waning, note how a one-sided perception goes on to soften through renunciation. Desire dissipates. The run away self-obsession curbed, craving as delight and pleasure is mindfully controlled. A Middle Way appreciation stands out. A guarded awareness, renunciation and restraint are a reasonable way to live simply, honestly, and responsibly. Wisely Understanding, the Noble Truth recognition discerns non-self insight and the Wisdom Matrix clarification for Conditions Arising purposeful action.

Awareness Penetration as insight: Initial Contact feels how desired intention is unsettling (breathing strained, facial muscles tight, jaw clenched and strain around the eyes while having abdominal and pelvic tension) and how one's attention is disturbed; Sustained Contact follows the passing desired friction; Interest begins to relax and release desire's grip both physically as well as mentally; 'Joy' turns away to follow the Middle Way guidance for renunciation; and having One-Pointed Clarity notes as Wise Intention affects the self-consumed subconscious turmoil.

Wise Intention as Goodwill (without ill will)

Goodwill is a respect for others as well as all life in general. Offered are kindness, concern and respect. Separating from a self view, hatred as a limiting motivation doesn't arise. Living in cooperation, open communication and as a peaceful offering, the adage to treat others as you would want to be treated is the Golden Rule. Wise Intention gives way to goodwill rather than ill will. Responsible and discerning, cultivating Wise Intention as a proper intuition for life, the Middle Way appreciation subdues habitual impulsiveness.

Ill will is like an unsettling storm. The consequences are bad feelings, frustration, aversion and rancor raging as enmity. Feel the physical turmoil as the heart pounds, head throbs, breathing is labored, blood

pressure rises, and adrenaline races through the body. Note how thoughts painfully narrow. Anger is suffocating and stifling. Acknowledge how one is derailed by hatred. Note how distractions, habits, impulsive behavior, and self-reactions dominate. Follow how inconvenience and frustration turn to dislike and aggression.

Be patient. Aware of the breath's quality, acknowledge how the body recoils as the breath sputters in short, tense gasps. Connected mindfully with the breath's quality, ill will weakens. An intuitive Middle Way appreciation is followed rather than indulgence or aggression taking over. Ill will's charge is slowly released.

Follow the effect of ongoing negative thoughts. When experiences and people aren't to one's liking, ill will springs into action. Frowned upon is anyone or anything that gets in the way. The present becomes a battleground, giving way to suffering consequences.

Aware that concentration has lapsed, refocus to connect with the breath's quality. Feel how the breath is labored while tension increases at the forehead. Temples pounding, mouth dry, a constricting pressure at the chest, stomach sour, blood pressure and pulse rates soar. Jolted by painful electric-like shocks, acknowledge how you are your own worst enemy and how detrimental anger is to one's general well-being. Anxious and out of control, a self-identification dominates to feel threatened, insecure and unsettled. Open to patience, acceptance and goodwill. Insight Meditation and the Middle Way turn to wholesome and wise experiences. Now relax, defusing the habitual conflict.

Breathe deeply 5-7 times to establish a present connected awareness. Self-intentions swirl around, flash and whisper softly, seeking an outlet. Ill will is a suffocating reaction, and a painful stress. Slowly relax. Motives or intentions as the thought before the thought or action are nothing more than habitually surging impulses. Feel the physical tension passing over the body while one's mind narrows to a defined self-association. Wisely Reflecting, feel how self-associated stress disperses through a Middle Way appreciation separated from worldly pursuits and distractions. Guided by Wise Intention the subconscious mental dialogue is recognized to then positively deal with the

challenging situation. As a Wisdom Matrix clarification, follow how ill will arises from conditioned interacting impulses.

Wisely Reflecting, acknowledge the compelling affect intentions have on you. Note the dormant, active and transgressing subconscious self-promoting monologue as harming. Settling in concentrated awareness, feel the emergence of patience. Control is taken over thoughts to better direct intentions and actions. Self-attachment waning, note how perception goes on to soften through goodwill. Ill will dissipates. The run away, self-obsessed imagination is curbed and ill will is prevented. A Middle Way appreciation stands out. A guarded awareness, goodwill is a reasonable way to live honestly and responsibly. As a Wisdom Matrix clarification, follow how ill will arises from conditioned forming impulses. Wisely Understanding, the Noble Truth recognition discerns non-self insight and the Wisdom Matrix clarification for Conditions Arising purposeful action.

Awareness Penetration as insight: Initial Contact feels how the intention of ill will is unsettling (breathing labored, facial muscles tight, jaw clenched and strain around the eyes while having abdominal and pelvic tension) and how one's attention disturbed; Sustained Contact follows the negative energy; Interest begins to relax and release ill will's grip both physically as well as mentally; 'Joy' turns away to follow the Middle Way guidance for good will; and having One-Pointed Clarity notes as Wise Intention affects the self-consumed subconscious turmoil.

Wise Intention as Compassion (without harming)

Harming or harmfulness is a self-indignant reaction. When self doesn't get its way, animosity as well as harming spring up. It is enraging when Humpty Dumpty gets knocked over and looses out, seeking to do away with whatever or whoever is in the way. Acknowledge the indignation and rage. Heart pounding, head throbbing, breathing labored, blood pressure rising, and adrenaline racing, Wise Intention gives way to compassion rather than harming. Responsible and discerning, cultivating Wise Intention as a proper intuition for life, the Middle Way appreciation subdues habitual impulsiveness.

Settled and focused through Insight Meditation, acknowledge how ill will is vexing. Feel how when inconvenienced and challenged, the self actor is frustrated and rages. Acknowledge the knee jerk impulse to dislike and deal from a self-righteous aggression. There is the obvious stress of the breath's quality as well as physical tension and even pain. Follow how the discomfort is amplified and ill will subconsciously comes about through a self-attached identification. Gently allow the habitual buildup to disperse as well as the anger and indignation to flow out. Craving for delight and pleasure (or the lack there of!) leads to suffering.

Acknowledge how harming gives way to aggressive reactions. Note how the mind flits about. Sense the body and the more obvious signs of racing heart, twitching muscles, facial tension, dry lips and abdominal pressure while hands fidget or close into fists and a foot taps nervously. Wisely Reflecting, feel how the stress disperses through a Middle Way observation. Guided by Wise Intention, connect with the subconscious mental dialogue to positively deal with the challenging situation. As a Wisdom Matrix clarification, follow how harmfulness arises from conditioned interacting impulses. As a Noble Truth recognition, discern the non-self insight and the Wisdom Matrix clarification for Conditions Arising purposeful action.

Compassion can be mistaken as a weakness. But to the contrary, compassion is nurturing, healing and brings rightful closure to difficult and challenging experiences. Everyone is treated the same without judgment or preference. Harming is detrimental and self-engaged in its affects while compassion is open, accepting, caring, responsible and even tempered. As a Middle Way appreciation, Wise Intention gives way to compassion rather than harming.

Breathe deeply 5-7 times to establish a present connected awareness. Self-intentions swirl around, flash and whisper softly, seeking an outlet. Harmfulness is a suffocating reaction, and a painful stress. Slowly relax. Motives or intention as the thought before the thought or action are nothing more than surging habitual impulses. Feel the physical tension passing over the body while one's attention narrows to a defined self-association. Wisely Reflecting, feel how self-associated stress disperses through a Middle Way appreciation separated from

worldly distractions and pursuits. Through Wise Intention connect with the subconscious mental dialogue to positively deal with the challenging situation. Guided by Wise Intention the subconscious mental dialogue is recognized to then positively deal with the challenging situation. As a Wisdom Matrix clarification, follow how harmfulness arises from conditioned interacting impulses.

Wisely Reflecting, acknowledge the compelling affect intentions have on you. Note the dormant, active and transgressing subconscious self-promoting monologue as harmful. Settling in concentrated awareness, feel the emergence of patience. Control is taken for thoughts to better direct intentions and actions. Self-attachment waning, note how perception softens through compassion. Harmfulness dissipates. The run away self-obsessed imagination is curbed and harm is prevented. A Middle Way appreciation stands out. A guarded awareness, compassion is a reasonable way to live honestly and responsibly. As a Wisdom Matrix clarification, follow how harm arises from conditioned forming impulses. Wisely Understanding, the Noble Truth recognition discerns non-self insight and the Wisdom Matrix clarification for Conditions Arising purposeful action.

Awareness Penetration as insight: Initial Contact feels how harmful intentions are unsettling (the breath suffocating, facial muscles tight, jaw clenched and strain around the eyes while having abdominal and pelvic tension) and how one's attention is disturbed; Sustained Contact follows how the upsetting friction passes; Interest is beginning to relax and to release harm's grip both physically as well as mentally; 'Joy' turns away to follow the Middle Way guidance for compassion; and having One-Pointed Clarity notes as Wise Intention affects the self-consumed subconscious turmoil.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering's end.

The Middle Way Right Action

More than censorship, conduct-virtue as a Right Action follows the Noble Truth wisdom-recognition for ending self-obsession. Wise Speech, Wise Action and Wise Livelihood rein in impulsive careless intentions from escalating on to craving. With all life as action related and following the Wisdom Matrix for Conditions Arising purposeful action, Right Action exercises the Five Wise actions (or precepts). The Middle Way guidance and Noble Truths insights are followed as deliverance from the Five Groups of Self-Attached Identification ending suffering.

Wise Speech—As a realized intention, Wise Speech expresses forethought for how language is used and communicated. Everyday speech is charged and dominated by a one-sided, self-expression. The thought before the thought or action, words are carelessly blurted out. Forgiveness is sought and apologies made when understanding and control were first needed.

Wise Action—As a realized intention, Wise Action expresses forethought for one's actions and conduct. Rather than desiring, hateful or harming, a discerning reflection and accountability are emphasized before acting.

Wise Livelihood—As a realized intention, Wise Livelihood expresses forethought for how one lives and engages in responsible livelihood. The ultimate 'career' is to follow and apply the Middle Way Noble Eightfold Path guidance to liberation ending suffering.

Five Wise Actions (or precepts) reshape a careless and impulsive self actor to someone who is conscientious, responsible and has wise action (life as purposeful rather than habitually driven)—having goodwill for how one lives and relates to others (in contrast to ill will or hatred); honest and truthful speech as communication (in contrast to lies, gossiping and frivolous speech); sexual responsibility, abstinence and compassion (in contrast to lust and carnal indulgence); and sobriety (in contrast to alcohol and drug use). Not a censorship or a superior-than-

thou attitude, the Five Wise Actions reveal the underlying motives behind one's actions—careless and habitual or responsible and wise.

Acknowledge the physical tension (facial and bodily stress) as well as how the mind and thoughts are strained. Settling down, connect with patience and goodwill. Meditation is an intuitive experience bringing a wholesome perspective and discernment for life. Through the breath's awareness, mindfulness and following the Middle Way Path conduct-virtue, the self-dominating burden is released.

The affects of Wise Action are twofold—not only bringing control to your life and acknowledging responsibility for everything you do, but also how actions on a broader level affect others.

Wise Speech

Wise Speech builds on the Noble Truths Wise Understanding foundation and Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Speech is experienced;**
- **Through the diverse conditions and actions of Right Action arising, Wise Speech arises;**
- **With Wise Speech arising, honesty and truthfulness are directed towards craving's cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Speech actively applies the Middle Way's Right Action.

A distinct line that can be easily crossed, careless speech is self-upholding while Wise Speech is accountable and responsible with the deeper realization to ending suffering.

A joke may seem harmless but someone may be offended or victimized. A 'white lie' appears inconsequential but is misleading. Gossip is one-sided and a character assassination. Much more than a wrong and

right, Wise Speech reflects the role of Wise Intention—to be aware and responsible when speaking as well as regard the self-promotion involved. Following the Middle Way's Wise Speech, self-directed pitfalls are avoided. Clearly intention is the forerunner behind speech whether to be truthful and not to slander, or as harsh speech to speak in anger, gossip or through idle chatter. Misspoken words often do more harm than physical actions.

Follow how speech comes out as a one-sided expression. Self-directed pressure builds, images stir and flash as a mental dialogue forms communicating thoughts through words, speech and conversation. Acknowledge how the self actor is calculating, manipulates, and is deceptive with the goal to gain, be in control or dominate. Feel the stress over the face and body while thoughts narrow to calculate, measure, and define as self-expression.

Breathe deeply to help relax and clear disturbed, self-directed impulses. Habits circle within the mind and thoughts go on to form as motives communicating self-intentions. Feel the physical charge to put to voice and express greedy, hateful and harmful habits. Sense the face as taut, throat constricted, lungs laboring as well as abdominal and pelvic tension. Mentally follow how habitual impulses sweep by forming as self-related intentions. You are less in control and more a victim of your self-attachments. Words are carelessly blurted out in order to defend and uphold a self-identity.

Follow Wise Intention as renunciation for desire, goodwill instead of hatred, and compassion rather than harmfulness are actively engaged. Acknowledge how dormant habits emerge from past conditioned experiences. Feel how this self-related stress is a springboard for careless speech. The Middle Way guidance for Wise Speech is presently directed as proper conduct-virtue to deal with transgressing habitual actions. With Wise Understanding as a foundation, craving is negated. Through wisely directed speech, suffering is prevented.

Following a Middle Way appreciation, reflect on how each and every thought impression forms into words, speech and expressions. Insight Meditation allows you to slow down, be accountable and take control of

the self actor. As a Wise Reflection, follow how intention is engaged on the dormant level, then the thought impression comes to a conscious recognition on the active level to then be expressed as transgressing speech.

Through Wise Speech the Noble Truth and Wisdom Matrix related conditions are discerned—how conditions and actions arise, the ceasing of conditions and actions, and the Middle Way guidance followed releasing self-promoting actions. Habitual tendencies falling away, the Middle Way guidance for Right Action curbs suffering actions.

The Five Qualities of Wise Speech

Wise Speech is centered around the five qualities of truthfulness, timing, caring, as being beneficial, and communicating goodwill. Rather than taken for granted, there is the deeper forethought and realization for one's intentions; from self-serving careless actions to a Right Action that isn't suffering directed. Living responsibly, craving is prevented from escalating to suffering levels. Clarifying, honest and directed as a Noble Truth insight, acknowledge how Wise Intention joins with Right Action in the present to form as Wise Speech.

Truthful Speech—When untruthful not only do you bring harm to yourself, are disengaged from reality and caught up in self-delusion, but also are seen as untrustworthy. Someone who is untruthful is incapable of understanding the Four Noble Truths and the Wisdom Matrix or appreciating the Middle Way Path to realize suffering's end.

Feel how one is physically unnerved when not truthful. Consumed with fabricating and conjuring up lies, the mind wildly exaggerates. Note how self-identification as a gross misunderstanding of life and reality is bewildering and has a negative affect. Follow how speech is engaged via an undermining intention. The breath's quality reveals self stress while the mind plots scenarios. Self-expression is anything but reasonable, accurate or honest.

Now connecting with the intention to speak, note how the self attitude shrinks and fades into the background as Wise Speech is engaged. The Middle Way guidance and discipline deepens as both a Wisdom

Matrix clarification for habitually driven causes and effects as well as the Noble Truth Wise Understanding for non-self directed to penetrating self-craved instances.

With clear intention for one's words as a Noble Truth discernment and insight into self-attachment along with the Wisdom Matrix recognition for purposeful action, speaking and dealing truthfully expresses Wise Reflection as a forethought—not to engage in or promote suffering speech.

Timely Speech—Not just blurting out the first thought that comes to mind or making snide, off-the-cuff remarks, but speech follows as well thought out, reflective and considering one's surroundings, the moment as well as how it affects others. As a Middle Way conduct-virtue, Noble Silence and being a good listener are also valuable qualities in relation to Wise Speech.

Settled and focused through Insight Meditation, thought patterns are followed as accountability for one's words and conversations. Acknowledge the Self Actor impulsiveness to go with your first impression. Self is all about gain, control, indulgence, aggression and superiority. Responding unjustly and harshly, all too quickly self-justification is sought. As a Middle Way discipline, renunciation and restraint prevent careless intentions from joining with craving to produce suffering consequences. Through a maturing intuition, honest speech is expressed. With the intention not to engage or promote suffering, a mature speech is expressed.

Caring Speech—Measured and also considerate of others, Wise Speech is a genuine concerned offering. Insight Meditation and the Middle Way as intuitive, speech follows without self-divisiveness to be direct, sensitive, generous and complimentary. Accountable for one's actions, you best serve others and the situation through caring and sensitive speech.

With Wise Intention as a key awareness, the role and affect of the subconscious is revealed (desiring, hateful or harming). Following a Middle Way guidance, self extremes for indulgence and hostility are avoided. Speech is measured and sensitive. With the clear intention

for words as a Noble Truth selfless recognition, caring speech expresses awareness and the realized forethought not to engage in or promote harsh or suffering language.

Beneficial Speech—Positive and wholesome as well as accurate, constructive and healing, patience stands out. You are supremely aware of your own actions and are accountable when dealing with others. One is considerate and relates to people through goodwill and fellowship. Beneficial speech is open and settling in nature. As a Middle Way discipline, words are positive and helpful.

Acknowledge the dormant, active and transgressing habitual tendencies relating to careless speech. Settling in concentrated awareness, feel the emergence of patient beneficial choices. Recognize how carelessness plunges one into impulsive thoughts, speech and actions. With subconscious intentions exposed, slowly feel the gradual shift to a Middle Way appreciation. As the self-strained focus softens, careless speech gives way to the Wise Action of Truthfulness. Feel as a conscious awareness opens to a clear attention and Wise Intention. Sense the habitual buildup dispersing. Note how the urgency to respond as a self actor fades. Acknowledge the detachment and relief from runaway habits to a Middle Way engaged fulfillment as Wise Speech.

Insight Meditation's centering tranquility goes on to be expressed as accurate and beneficial words. Feel as intentions clear from distracted and self-serving motives to a Middle Way appreciation as well as craving decreasing. Carefully considering one's words and speech, a conscious and honest expression is shared. Habitual tendencies falling away, the Middle Way guidance for Right Action as cessation curbing suffering actions is experienced. A clarified intention and Noble Truth discernment, beneficial words express the forethought not to promote suffering behavior.

Goodwill in Speech—Removed from a self-consumed personal agenda, Wise Speech is soothing, caring and has the intention of words spoken in friendship, generously and compassionately directed. No longer seeing others as a threat or the enemy, you have patience as well as goodwill, even for disagreeable people. One's body language and

demeanor also reflects Wise Speech. Relaxed and aware, words are spoken out of kindness. A smile breaks the tension while eyes shine in friendship. As a Middle Way noble application, speech is accurate and just.

The Middle Way guidance opens to the role charged motives play in life. Acknowledge the dormant, active and transgressing habitual tendencies of careless speech. Settling in concentrated awareness, feel the emergence of patience and beneficial choices. Apply awareness to recognize how carelessness plunges one into impulsive thoughts, speech and actions. With the subconscious exposed, slowly feel the gradual shift to a Middle Way appreciation. As self-attachments abate, careless talk gives way to the Wise Action of goodwill in speech.

Before ever speaking a word, the thought as intention first comes to mind. Insight Meditation allows one to slow down and recognize one's actions. Settling into the meditation, Wise Reflection is engaged. Feel as conscious awareness opens and expands as a clear attention. Sense the habitual buildup dispersing. Note how the self actor urgency to respond fades. Feel the relief from subconscious habits through the Middle Way's Wise Speech.

Acknowledge how the self actor is judgmental, prone to sharp words, verbal attacks and put downs. Self-intention is stifling as a pressure and tension over the body while conspiring to ulterior motives. Following a Middle Way discipline, renunciation and restraint go on to stop careless intentions from joining with craving to manifest as suffering consequences. With clear intention for one's words as a Noble Truth discernment for self-attachment, goodwill expresses a present awareness and realized forethought. Suffering speech isn't engaged or promoted.

Taking control of one's actions, feel how the self actor wanes. A Middle Way relief and understanding, intentions without a self-directed expression are shared. Wisely Reflecting, goodwill directs one away from painful consequences to responsible actions.

Lying

Lying (white lies as half a truth are nevertheless a lie!) is a gross distortion and distances one from reality and life in general. Reflected is a self actor who is destructive, vindictive, hateful as well as fearful while being the height of conceit and self-delusion. The truth is totally lost and the line crossed to suffering. There is no evil or wrong doing that a liar wouldn't commit as friends and loved ones are betrayed. A lie snowballs into a destructive avalanche having long suffering consequences not only for one's self but also for innocent parties involved. As both a Middle Way discipline and guidance, the Noble Truth wisdom-recognition penetrates the underlying subconscious intention for self-promotion and the Wisdom Matrix clarification for related conditions is realized.

Connecting with the intention to speak, note how the self actor shrinks and fades into the background as Wise Speech is engaged. The Middle Way guidance and discipline deepens as both a Wisdom Matrix recognition for subconscious dormant causes and effects as well as to the Wise Understanding penetrating insight ending self-craved instances. Renunciation and restraint have the added affect of preventing careless intentions from joining up as craving to produce suffering consequences.

Settled and focused through Insight Meditation, connect with meditation's calm awareness. Distinguished from everyday stress, tension and distractions, Wise Reflection discerns the self-actor role playing and subconscious intentions involved. Through a Noble Truth discernment, the self-charade is understood. Begun as a careless intention, habitual reactions then join with craving and lead to transgressing suffering consequences.

As a fire starts from a spark, acknowledge how a lie just as easily rages out of control to overtake good sense. A lie is self-promoting, seeks an advantage and expresses greed, hatred or confusion. Feel how the mere thought of a lie is actually unsettling and repugnant. The body reacts to tense up while the mind sours with the falsehood. A domino effect, note how the mind circles with dizzying images and plots

scenarios. The subconscious monologue reaches a nerve racking fever pitch. Lie begets lie to justify selfish ways. Note how the mind and attention are wild and thrash about to struggle with the fiction.

Awareness Penetration as insight: Initial Contact acknowledges the will to speak; Sustained Contact is the intensifying of careless and impulsive habits forming; Interest reflects on how motives play a crucial role in directing and charging the speech of a self actor; 'Joy' recognizes speech as a Middle Way Right Action guidance is applied; and having One-Pointed Clarity consciously channels Wise Speech.

Through a Middle Way guidance as Right Action, one turns away from the self extremes of indulgence and hostility. Renunciation for desire and restraint as self-control follows a correct line of speech. Habits disengaged, self-promoted actions are stopped from escalating to craving and suffering consequences. Wise Reflection for speech as a Noble Truth recognition along with the Wisdom Matrix clarification, the Middle Way guidance for conduct and virtue is followed.

Wise Speech as Transforming

Through Wise Reflection for speech one moves away from a self-directed falsehood, gossip, backstabbing and cruelty to a proper wisdom realization aligning with the Four Noble Truths non-self wisdom-recognition and the Wisdom Matrix clarification for related conditions.

Wise Reflection as a personal intuition and forethought transforms Wise Speech in four areas: abstaining from false speech, divisive speech, abusive speech, and from idle chatter. Of course, what is really emphasized is responsibility and control for self-consumed ways. Worldly indulgences, pressures and corruption are controlled and transformed through the Middle Way's conduct-virtue Right Action .

Abstaining from false speech: If asked about something you have no knowledge about, one truthfully replies that one doesn't know. In this way a conscious lie is avoided. This is how speech is engaged as truthful. It is better to keep Noble Silence when having nothing nice or polite to say.

Abstaining from divisive speech: Assumptions aren't made without true knowledge of the situation, nor is speech shared in order to cause friction between people, but rather speech as a peace maker reconciling individuals is engaged. Speaking honestly and appropriately, words create accord.

Abstaining from abusive speech: Words and speech patterns are helpful, consoling, go to the heart of the matter, are polite, appealing and pleasing. Guided by moral maturity, you speak only in a timely fashion what is factual. Words are reasonable and trusted.

Abstaining from idle chatter: Gossip, speculation or assumptions have no place in Wise Speech. Words aren't impulsively or foolishly spoken, but are thoughtfully chosen. It is the self actor who spreads gossip and seeks to harm.

The emphasis on having proper intention and consideration for words and speech reflect an aware, responsible and understood person, and not someone who is influenced by worldly pressures. Noble Silence is applied and carries as much importance as spoken words. Smile, radiate confidence and honesty. Be at ease rather than give in to self-benefiting ill-spoken speech. Don't gossip, seek to harm or prattle on about trivial issues. Nor does one scorn or have a superior-than-thou attitude. The truth is confidently shared and followed as a Middle Way appreciation rather than leading to a suffering fallout.

Settled and focused through Insight Meditation, feel how the breath, body and attention are calm and at ease. The Noble Truths are a penetrating non-self discernment and the Wisdom Matrix distinguishes purposeful action. Self-absorbed speech is one-sided, restricted, stressed and leads to suffering. Note how craving's urgency subsides. As a Wise Reflection, acknowledge the shift as awareness opens to release and move away from self-upholding speech patterns.

Wise Speech as Insightful

With the Noble Truths non-self framing vision and insight along with the Wisdom Matrix clarification, penetrated are how intentions direct one's life and how underlying habits then go on to affect speech.

Connecting with subconscious intentions, revealed are flashing thought patterns and an ongoing mental dialogue inciting craving. Acknowledge the benefit of honest and courteous speech. An antidote, feel how sincere words are healing and beneficial to you as well as others. The body is at ease and the mind is calm and clear as well as discerning. Through sincere speech, one is trusted and considered a friend.

One shouldn't be so serious not to have a laugh or share in a light-hearted moment, but when humor goes on to exaggerate or single out someone for foibles that everyone has then speech has taken on a

nasty, wounding tone. Even as a gentle chiding, there is always a 'victim.' Words should be measured, fit the situation and be honestly directed.

Having the patience to listen is an important part of communication. There are times when being an audience and a friend to the other person is the best thing one can do. Reflect on how intention plays a key role in directing life. As a Middle Way appreciation, the other person is understood by applying and engaging in suitable Wise Speech. Presently aware, you are responsible for your actions.

Spreading rumors is wounding while gossip is the equivalent of poisoning. Speech and words should be honest, tactful and sincere. Wise Speech promotes trust and goodwill. When honest, friends surround one; when dishonest one is alienated, shunned and is wary.

Settled and focused through Insight Meditation, acknowledge the emergence of wholesome intentions rather than greed, hatred or harming. The Noble Truths as an intuitive recognition, follow how intention forms into beneficial speech. With the subconscious exposed, the Middle Way guidance directs careless and aggressive thoughts to form as Wise Speech.

Note how the urgency to respond as a self actor drops off. Feel the relief from a prattling mind to the Middle Way significance as conduct-virtue for Wise Speech not connected to upholding a self-ideal or craving after. The Noble Truths non-self insight is distinguished. Breath relaxing and body calmed, the mind goes on to clear to an intuitive discernment. Impulsive intentions are stopped from escalating to craving while dormant, active and transgressing habits are controlled.

The self actor waning, the Noble Truth wisdom-recognition forms as a release from dominating habits. As a penetrating insight for one's intentions through renunciation, goodwill and compassion, self-directed actions aren't engaged.

Awareness Penetration as insight: Initial Contact acknowledges the intention to speak; Sustained Contact is the intensifying of the speech forming as a motive; Interest as the self actor emerges to respond; 'Joy'

turns away from the self actor impulse to a Middle Way appreciation to share wholesome speech; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or a breakthrough wisdom as self-inspired craving ceases.

Through Wise Speech the Noble Truths insight to non-self and release from self-promoted actions is realized, how conditions and actions arise, the ceasing of conditions and actions, and the Middle Way guidance is followed as release from the self-construed obsession. Habitual tendencies falling away, the Middle Way guidance for Right Action as cessation curbing suffering actions is experienced.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Wise Action

Wise Action builds on the Noble Truths Wise Understanding foundation and Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Action is experienced**
- **Through the diverse conditions and actions of Right Action arising, Wise Action arises;**
- **With Wise Action arising, proper action is directed towards craving's cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Action actively applies the Middle Way's Right Action.

The Middle Way conduct-virtue as ethical action, Wise Action follows how intentions play out: goodwill for how one lives and relates to others (in contrast to hatred or ill will); generosity (in contrast to stealing or selfishness); sexual responsibility or abstinence along with compassion (in contrast to lust and carnal indulgences); and having sobriety (in contrast to alcohol and drug use). Wise Action further builds on the Noble Truths Wise Understanding foundation to ending self-related suffering.

This present Sense Realm existence plays out as a Conditions Arising causes and effects suffering cycle—action begets action without end. A body/mind obsession for the Five Groups of Self-Attached Identification has brought you to this current self-manifestation. Subconscious habitual connections revealed, a sensory associated self-deception is engaged and followed. Karma (the thought before the thought or action), actions are willed and promoted. Unfortunately, the self actor is careless, impulsive, and indulging. The Four Noble Truths are the essential insight and the Middle Way guidance is practically applied and followed.

Feel the urgency and the demands that forms around compelling habits. A switch isn't flipped and the stress and problems all at once disappear, but realize how impulsive habits affect and dominate one both physically and mentally—breath constricted, face drawn, jaw clenched, throat tight, along with chest and pelvic pressure, while the mind narrows and is strained. Now settled and focused, the role of conduct-virtue as Wise Action is engaged. Wise Action is about living a sane, responsible and wise life rather than dominated by reckless self-centered habits linked to craving producing suffering episodes.

As a Wise Reflection, question and review your intentions. Whether through thought, speech or deed, do intended actions lead to your affliction or to that of another person? Is the intended action unskillful, leading to suffering consequences? But if on reflection one knows the

action not to cause harm, to be skillful and have beneficial consequences, then follow through on the action.

Slowly relax self-preoccupied intentions. Note the physical stress (facial tension, abdominal and pelvic pressures) as well as relax and release the mental strain. Gradually the habitual buildup disperses. Feel the relief as craving's urgency isn't engaged and self-promoting impulses subside. Acknowledge the shift away from compulsive intentions. Not only are the Monkey Mind distractions quieted and the Three Poisons dormant, but feel the deeper equanimity as relief related to craving ceasing. Responsible and controlled, one's actions are revealed as supporting and catering to a self actor. Not harming one is compassionate, not lying one is honest, not stealing one is generous, sexually responsible one is celibate or monogamous, not taking recreational drugs or consuming alcohol one is sober and responsible.

Through Wise Action the Noble Truth recognition to non-self insight is practically applied; how conditions and actions arise, the ceasing of conditions and actions, and the Middle Way guidance followed and fulfilled as release from a self-obsessed misunderstanding or ignorance. Habitual tendencies falling away, the Middle Way guidance for Right Action curbing suffering actions is experienced.

Wise Action as Goodwill

Goodwill is a respect for others, offering kindness and concern for every moment, situation and encounter. Separating from self-attachment, one isn't motivated by ill will or to harm; sharing with others as an open communication and mutual respect. There can be disagreements, hostility and war or there can be tolerance, understanding and goodwill; battle lines and a winner-take-all attitude vs. thoughtfulness and being a peace maker. The axiom to treat others as you would want to be treated is followed.

Like a slap across the face, ill will is painful. The consequences are the bad feelings and rancor raging, along with enmity and animosity. Acknowledge the warning signs—pressure at the forehead and around the temples, eyes squinting, jaw clenched, mouth dry, neck veins bulging, a tightness at the chest as breathing becomes tense from the

hostility while thoughts narrow painfully. Anger is suffocating and stifling. Take a few deep breaths. Smile, be comfortable and at ease. Relax the one-sided self-directed way of looking at things. Acknowledge the crushing pressure, frustration and hatred to lash out, fight or be on the defensive.

Settled and focused through Insight Meditation, the Middle Way appreciation opens to goodwill and also to the role of the Wisdom Matrix purposeful action. Acknowledge the dormant, active and transgressing flow of ill will tied to self-intention. Note the challenge of an inflexible 'my way' attitude. Settling in concentrated awareness, acknowledge the emergence of patience and beneficial options rather than confrontations and unhappy endings. As a Wise Reflection, recognize how ill will leads to blind rage. Underlying habitual tendencies exposed, slowly follow the gradual shift to a Middle Way appreciation. As self-attachments ease up, hostility and anger give way to the Wise Action of goodwill. A personal recognition established, a Middle Way appreciation for life without self-intrusion is experienced.

With Insight Meditation settling to an intuitive concentration, disturbing habitual impulses give way to Wise Reflection. A personal recognition, feel how the self actor is slowly defused and confidence is gained. Wisdom as a personal insight is experienced. Follow how motives play a crucial role in directing and charging thoughts, speech and actions.

Follow the relief from subconscious undermining habits to a Middle Way wise appreciation. Feel the change in the breath's quality and attention, moving to a centered awareness. Reflect on how motives play a crucial role in directing life. Open to the role of purposeful action and how charged motives keep life at a distance and lead to a craving fall out. Acknowledge how dormant, active and transgressing habits center around self-attachments. Note how a one-sided self-attitude separates one from the true nature of life and reality. Settling in concentrated awareness, feel the emergence of patience and beneficial choices. Through Wise Reflection recognize how greed turns to selfish thoughts, speech and actions. With the subconscious exposed, follow the shift to a Middle Way appreciation removed from self extremes. As self-

attachment wanes, hatred gives way to the Wise Action of goodwill and control is taken for one's life. Goodwill directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end. A personal recognition established, a Middle Way appreciation for life without self-intrusion is experienced.

Wisely Reflecting, question and review your intentions. Whether through thought, speech or deed, do intended actions lead to your affliction or to that of another person, or have suffering consequences? But if on reflection one knows the action to not cause harm, to be skillful and have beneficial consequences, then follow through on the action.

Awareness Penetration as insight: Initial Contact acknowledges anger like a sharp pin prick; Sustained Contact recognizes anger intensifying; Interest as the intention for anger begins to dominate; 'Joy' recognizes the self-directed intention to then follow the Middle Way guidance of goodwill; and having One-Pointed Clarity as a Noble Truth insight clarifies self-directed suffering.

As self-attachment wanes and control is taken for one's actions, a personal recognition arises. Acknowledge how habits disperse. Through the Middle Way guidance, life is experienced without a self-directed intrusion. Goodwill directs one away from harmful motives and painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Wise Action as Truthful

You can be dominated as a self actor and fall into misleading fabrications, exaggerations and lies or have recognition and apply Wise Speech as a truthful and honest action.

Settled and focused through Insight Meditation, connect with the subconscious to acknowledge Wise-Intention and how speech first forms. Speech is affected by a self-association. Living a delusion, every thought, word and action upholds a self-attached notion.

Feel how the mind flits about in rapid fire sequence conjuring up a self-justified narrative. Note the breath's strain, physical stress, and mental confusion. Even a 'white lie' is misleading as half a lie is nevertheless a

lie. Recognize how subconscious approval is given to carry on the self-deceit! The Noble Truth wisdom-recognition and the Wisdom Matrix clarification discern the source of the fabrication—self-deluded ignorance. As a Noble Truth insight one doesn't fall into self-fantasy, corruption and deceit. Lying affect others, but first starts as a torment within one's own life.

Words can injure, create misunderstanding, mistrust and escalate to animosity. Criticism is like jabbing the other person with a stick. Expressing an opinion at every moment no matter how honest only leads to stress and one-upmanship, reflecting personal insecurity. Speaking unkindly is an aggressive mental attitude. Confused, agitated and worried, lying and straying from the truth, one is out of sync and restless, plagued by doubts to fabricate yet more lies. Even innocent 'white lies' are misleading. Instead of name calling, finger pointing or blaming, Wise Speech emphasizes selfless awareness, responsibility and honesty rather than blurting out opinions.

Lies, gossiping, exaggeration and foul language are disturbing. Feel how one's breathing becomes difficult and the mind spins out-of-control when engaging in wrong speech. The body sickens and the mind sours from the negative dialogue. When insincere, exaggerating, gossiping or lying, note how the mind is confused, jumbled and the present moment is a blur. There is the urge to cover-up, manipulate and self-aggrandize.

With Insight Meditation settling to an intuitive concentration, disturbing habitual impulses give way to Wise Reflection. A personal recognition, feel how the self actor is defused and confidence gained. Wisdom as a personal insight is experienced. Follow how motives play a crucial role in directing and charging thoughts, speech and actions.

Follow the relief from subconscious undermining habits to a Middle Way wise appreciation. Feel the change in the breath's quality and attention, moving to a centered awareness. Reflect on how motives play a crucial role in directing life. Open to the role of purposeful action and how charged motives keep life at a distance and lead to a craving after fall out. Acknowledge how dormant, active and transgressing habits center

around self-attachments. Settling in concentrated awareness, feel the emergence of patience and beneficial choices. Through Wise Reflection recognize how lying plunges one into compromising actions. With the subconscious exposed, follow the shift to a Middle Way appreciation removed from self extremes. As self-identification wanes, lying gives way to the Wise Action of honesty and control is taken for one's life. Proper speech directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Through the action of honesty one turns away from impulsive compromising behavior no longer escalating to craving and giving way to suffering. Feel the change in the breath's quality and attention as anger is viewed from a Middle Way appreciation. Presently aware, one is responsible. The Noble Truth wisdom-recognition for non-self insight and the Wisdom Matrix clarification for purposeful actions stand out.

As self-identification wanes, lying gives way to the Wise Action of honesty and control is taken for one's life. Through the Middle Way guidance, life is experienced without self-identified intrusion. Proper speech directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Wisely Reflecting, question and review your intentions. Whether through thought, speech or deed, do intended actions lead to your affliction or to that of another person, or have suffering consequences? But if on reflection one knows the action to not cause harm, to be skillful and have beneficial consequences, then follow through on the action.

Awareness Penetration as insight: Initial Contact acknowledges the carelessness and impulsiveness of dishonest speech; Sustained Contact is the intensifying of negative thoughts forming; Interest as the self actor exaggerates to invent and falsely twist things around; 'Joy' recognizes the self-directed intention to then follow the Middle Way guidance for honesty; and having One-Pointed Clarity as a Noble Truth insight clarifies self-directed suffering.

As self-attachment wanes and control is taken for one's actions, a personal recognition arises. Acknowledge how habits disperse.

Through the Middle Way guidance, life is experienced without a self-directed intrusion. Truthfulness directs one away from harmful motives and painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Wise Action as Generosity

To be generous is to be open, accepting and to share without reservation or having self-expectations. The self actor hordes, is calculating, attached and greedy. Generosity leads to positive interactions and friendship. It actually feels good to share and care while greed is detrimental, painful and selfish.

Settled and focused through Insight Meditation, acknowledge how greed and selfishness affect you as smothering and a suffocation. Follow as the mind is preoccupied and unsettled. Sense how selfish stress and pressures corner one into petty reactions. Note the tension in the body and how the mind is locked by self-justified possessiveness and greed. The self actor takes a painful toll. Note the rough breath and how the mind narrows. Gently allow the body and mind to relax. Wisely Reflecting, recognize how greed plunges one into further compromised and aggressive actions. Self-identification wanes as control is taken for one's life. A personal recognition established, a Middle Way appreciation for life without self-intrusion is experienced.

When stealing there is always the worry of getting caught as well as the guilt that drives the cover-up. Pretended is that nothing is wrong or will come from these actions. Taking short cuts is deceitful and has repercussions. Starting as cold and calculating, one continues as an ingenuous person to further ulterior motives. The other person is regarded as inferior or a threat. A taxing burden, greed is repressing.

With Insight Meditation settling to an intuitive concentration, disturbing habitual impulses give way to Wise Reflection. A personal recognition, feel how the self actor is slowly defused and confidence is gained. Wisdom as a personal insight is experienced. Follow how motives play a crucial role in directing and charging thoughts, speech and actions.

Follow the relief from subconscious undermining habits to a Middle Way wise appreciation. Feel the change in the breath's quality and attention, moving to a centered awareness. Reflect on how motives play a crucial role in directing life. Open to the role of purposeful action and how charged motives keep life at a distance and lead to a craving after fall out. Acknowledge how dormant, active and transgressing habits center around self-attachment. Note how a one-sided self attitude separates one from the true nature of life and reality. As self-association wanes and control is taken for one's actions, personal insight arises. As self-identification wanes, selfishness gives way to the Wise Action of generosity. Charity directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end. Through the Middle Way guidance, life is experienced without a self-identified intrusion.

Wisely Reflecting, question and review your intentions. Whether through thought, speech or deed, do intended actions lead to your affliction or to that of another person, or have suffering consequences? But if on reflection one knows the action to not cause harm, to be skillful and have beneficial consequences, then follow through on the action.

Awareness Penetration as insight: Initial Contact acknowledges how greed is unsettling; Sustained Contact notes greed intensifying; Interest as the intention for greed dominates; 'Joy' recognizes the self-directed intention to then follow the Middle Way guidance for generosity; and having One-Pointed Clarity as a Noble Truth insight clarifies self-directed suffering.

As self-attachment wanes and control is taken for one's actions, a personal recognition arises. Acknowledge how habits disperse. Through the Middle Way guidance, life is experienced without a self-directed intrusion. Generosity directs one away from harmful motives and painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Wise Action as Compassion

Here in the Sense Realm sensuality dominates as desire or lust. Compassion on the other hand is caring, accepting and emerges as having concern for others as well as humanity at large. When other people encounter kindness, they usually come forward to share goodwill.

Settled and focused through Insight Meditation, recognize how sexual desire keeps one off balance, agitated, wanton and is self-serving. Note the strain of sharply intense breaths while the mind narrows to a sexual fantasy (pressure at the forehead and the back of the eyes while the body is in a hyper-hormonal state). Honest communication is dropped because of ulterior motives. Be honest as to what is prompting the desire. Feel the distraction and arousal from sexual craving. Stoked by an insatiable passion, abuse, loneliness, and misunderstanding coupled with the sex drive compromises and alienates one from true fellowship and sincere interaction with other people.

Wisely Reflecting, self-directed motives wane. Follow the breath's quality as a personal recognition and how habitual accumulations disperse. Not a censorship, the Wise Action of compassion directs one to be responsible and regard others as friends and not carnal objects. Having awareness and patience, a sincere consideration emerges. Friendship and goodwill are wholesome and beneficial. Caring and compassion are a Wise Action while passion, desire and lust are an unsettling and dissatisfying self-pursuit. A Middle Way appreciation for life without self-obsession is experienced as carnal fantasies and compromising situations are turned away.

As self-association wanes and control is taken for one's actions, a personal recognition arises. Acknowledge as habits disperse. Through the Middle Way guidance, life is experienced without a self-identified intrusion. Compassion directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

With Insight Meditation settling to an intuitive concentration, disturbing habitual impulses give way to Wise Reflection. A personal recognition, feel how the self actor is slowly defused and confidence is gained. Wisdom as a personal insight is experienced. Follow how motives play a crucial role in directing and charging thoughts, speech and actions.

Follow the relief from subconscious undermining habits to a Middle Way wise appreciation. Feel the change in the breath's quality and attention, moving to a centered awareness. Reflect on how motives play a crucial role in directing life. Open to the role of purposeful action and how charged motives keep life at a distance and lead to a craving after fall out. Acknowledge how dormant, active and transgressing habits center around self-attachment. Note how a one-sided self attitude separates one from the true nature of life and reality. Settling in concentrated awareness, feel the emergence of patience and beneficial choices. Through Wise Reflection recognize how desire turns into compromising actions. With the subconscious exposed, follow the shift to a Middle Way appreciation removed from self extremes. As self-identification wanes, lust gives way to the Wise Action of compassion and control is taken for one's life. Compassion directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end. A personal recognition established, a Middle Way appreciation for life without self-intrusion is experienced.

Wisely Reflecting, question and review your intentions. Whether through thought, speech or deed, do intended actions lead to your affliction or to that of another person, or have suffering consequences? But if on reflection one knows the action to not cause harm, to be skillful and have beneficial consequences, then follow through on the action.

Awareness Penetration as insight: Initial Contact acknowledges lust as unsettling; Sustained Contact follows as lust intensifies; Interest as the intention for lust dominates; 'Joy' recognizes the self-directed intention to then follow the Middle Way guidance for compassion; and having One-Pointed Clarity as a Noble Truth insight clarifies self-directed suffering.

As self-attachment wanes and control is taken for one's actions, a personal recognition arises. Acknowledge how habits disperse.

Through the Middle Way guidance, life is experienced without a self-directed intrusion. Compassion directs one away from harmful motives and painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Wise Action as Sobriety

Drug and alcohol use make life a disaster. There is no sense of moderation or perspective. The rush of a drug high is never worth the effects of being out-of-control and the sickening time spent hung over, stupefied and wasted.

Settled and focused through Insight Meditation, be patient. Meditation is an intuitive experience, reflection and beneficial time out. Note how personal doubts and insecurity cloud the mind. There is an inner child within one who needs help, caring and closure. Acknowledge insecurities. Feel how habits are stifling and tormenting. Be trusting, have sympathy and patience. Know goodwill. Turn away from reckless behavior to a sane and personal insight.

Wisely Reflecting, begin to gradually release the self-tormenting painful history. Disturbing habits give way to an intuitive awareness. Note how the self actor is slowly defused. The 'natural high' that is present awareness and the Middle Way appreciation lead to Wise Understanding and Wise Action. Sobriety is wholesome and beneficial. Feel how deep seated habits are stifling and a suffering. Wisely Reflecting, the Middle Way Path is followed as release from self-domination.

With Insight Meditation settling to an intuitive concentration, disturbing habitual impulses give way to Wise Reflection. A personal recognition, feel how the self actor is slowly defused and confidence is gained. Wisdom as a personal insight is experienced. Follow how motives play a crucial role in directing and charging thoughts, speech and actions.

Follow the relief from subconscious undermining habits to a Middle Way wise appreciation. Feel the change in the breath's quality and attention,

moving to a centered awareness. Reflect on how motives play a crucial role in directing life. Open to the role of purposeful action and how charged motives keep life at a distance and lead to a craving after fall out. Acknowledge how dormant, active and transgressing habits center around self-attachment. Note how a one-sided self attitude separates one from the true nature of life and reality. Settling in concentrated awareness, feel the emergence of patience and beneficial choices. Through Wise Reflection recognize how intoxicants lead to compromising actions. With the subconscious exposed, follow the shift to a Middle Way appreciation removed from self extremes. As self-identification wanes, drug and alcohol use give way to the Wise Action of sobriety, control is taken for one's life. Sobriety directs one away from painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end. A personal recognition established, a Middle Way appreciation for life without self-intrusion is experienced.

Wisely Reflecting, question and review your intentions. Whether through thought, speech or deed, do intended actions lead to your affliction or to that of another person, or have suffering consequences? But if on reflection one knows the action to not cause harm, to be skillful and have beneficial consequences, then follow through on the action.

Awareness Penetration as insight: Initial Contact acknowledges doubts and insecurities arising; Sustained Contact follows as doubt and insecurities intensify; Interest as the self-intention for drug use arises; 'Joy' recognizes the self-directed intention to then follow the Middle Way guidance for sobriety; and having One-Pointed Clarity as a Noble Truth insight clarifies self-directed suffering.

As self-attachment wanes and control is taken for one's actions, a personal recognition arises. Acknowledge how habits disperse. Through the Middle Way guidance, life is experienced without a self-directed intrusion. Sobriety directs one away from harmful motives and painful consequences to a Noble Truth wisdom-recognition for craving's cessation and suffering's end.

Through Wise Action the Noble Truths insight to non-self and release from self-promoted actions is realized, how conditions and actions arise,

the ceasing of conditions and actions, and the Middle Way guidance is followed as release from the self-construed obsession. Habitual tendencies falling away, the Middle Way guidance for Right Action as cessation curbing suffering actions is experienced.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Wise Livelihood

Wise Livelihood builds on the Noble Truths Wise Understanding foundation and Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Livelihood is experienced.**
- **Through the diverse conditions and actions of Right Action arising, Wise Livelihood arises;**
- **With Wise Livelihood arising, a proper livelihood is directed towards craving's cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Livelihood actively applies the Middle Way's Right Action.

Wise Livelihood as a wisdom directed, properly followed endeavor follows the Middle Way Path to deliverance and suffering's end. Wise Livelihood is applied as discipline, meditation, understanding, insight and wisdom. As a strict no nonsense renunciation and restraint, livelihood joins as an intuitive Wise Reflection preventing habits from

escalating to craving. One is either engaged in the Four Noble Truths liberation quest or is overtaken by an exhausting self-upheaval. Followed is the renunciation and restraint to live humbly through the basic needs of food, clothing, shelter and medicine along with having uncompromising conduct-virtue. One is ever vigilant and heedful. One-Pointed Concentration then arises to discern craving's role and follows on to suffering's end.

Wall Street greed, financial scams, corrupt union leaders, self-serving politicians, officials who obstruct, underhanded lobbyist, arms dealers, toxic waste brought on by unscrupulous companies, price gouging pharmaceutical companies, liquor and drug sales, high pressure salesmanship, businesses that take advantage of people down on their luck, prostitution rings and drug trafficking, fictitious drug dispensaries and many more examples, are all self-serving and an ignoble livelihood.

School teachers, for example, nurses, doctors, environmentally related occupations, refuse workers and recycling centers, secretaries, volunteers, charitable and non-profit organizations, accountable government officials, pro-bono work and the like are all worthwhile beneficial occupations and livelihoods. Monks and nuns show the ultimate dedicated sacrifice to Wise Livelihood and fulfilling the Middle Way Noble Eightfold Path (There are, however, varying levels of maturity within the monastic community.).

Directed as a Middle Way appreciation, follow the composure and grounded attention stemming from Wise Livelihood which follows and applies the Noble Truths non-self vision and Wisdom Matrix clarification. Through an intuitive reflection intentions are directed as an honest expression. Discerned is the Noble Truth wisdom for life as non-self, how craving as delight and pleasure leads to continued suffering, craving brought to cessation, and the Middle Way guidance followed as proper livelihood—from self-involved endeavors to self-controlled, from careless to insightful and wise.

Worldly pursuits centered around self-indulgence are fool hearty. The Middle Way guidance for Wise Livelihood as a Noble Truth recognition for self-driven craving is penetrated and experienced. Sense the shift

away from worldly preoccupations and self-promoting ways. Acknowledge craving's cessation. Wise Livelihood aligns with the Four Noble Truths wisdom-recognition and Middle Way Path experience.

Acknowledge the patience and equanimity carrying over as a dedicated and diligent effort. The Noble Truths are a personal recognition for self-inspired craving (desire, self identity and seeking to escape). Self-directed livelihood, distractions, and pretense fall away. Follow the settling both as a responsibility and control for one's behavior to a Noble Truth discernment and Wisdom Matrix clarification.

Awareness Penetration as insight: Initial Contact acknowledges the general stress and unsettling related to self-preoccupation; Sustained Contact follows the self-obsession intensifying; Interest as the self-absorbed misguided intention arises to interact with worldly pursuits; 'Joy' recognizes the self-directed intention to then follow the Middle Way guidance to a properly directed livelihood; and having One-Pointed Clarity as a Noble Truth clarifying insight, the Middle Way guidance for Wise Livelihood is followed.

Through Wise Livelihood the Noble Truth insight for non-self and the release from self-promoted actions is realized, how conditions and actions arise, the ceasing of conditions and actions, and the Middle Way guidance is followed as release from the self-construed obsession. Habitual tendencies falling away, the Middle Way guidance for Right Action as cessation curbing suffering actions is experienced.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering's end.

The Middle Way Right Concentration

As a pinnacle of personal recognition, clarity and understanding, the Middle Way Right Concentration focuses to penetrate the threefold misperception of reality keeping one tied to a body/mind attachment and the craving tied to self-delusion (the drive for sensual fulfillment and existence, driven by the misunderstanding or ignorance for life as self). Strong-willed habits, associations and attachments make one a prisoner of farfetched and deluded views. Right Concentration isn't an intellectual exercise but a true recognition to ending self-obsessed domination. With conduct-virtue as impeccable and habitual impulses transformed, a wisdom-liberating experience forms through the Seven Enlightenment Aids (to be detailed next) and the Noble Truths Deliverance is known. The Middle Way Path climaxes in cutting off all craving and self-promoted suffering ends.

Wise Effort—A conscientious and sustained application on your part, each person must dedicate and apply the necessary energy to transform detrimental mental states and promote beneficial mental states. There is the ongoing battle between careless, unwholesome and unskillful habitual energies keeping one bound to self-delusion, and there is also the intelligent wholesome and skillful effort established through the Middle Way Path ending the self-drama. With the subconscious exposed and the self-hoax understood, one once and for all does away with dormant, active and transgressing self-promoted habits to step away from the Conditions Arising purposeful action.

Wise Awareness—Initially established as a grounded Insight Meditation awareness, Wise Reflection matures as Wise Awareness for the Noble Truths insights to penetrate the self-deceived illusion. Presently engaged, one connects with body, feelings, mind and life-actions to discern as proper wisdom the true nature of life and reality as non-self Conditions Arising; the Noble Truth non-self recognition along with the Wisdom Matrix clarification penetrate self-promoted intentions and the craving after fallout.

Wise Concentration—As a breakthrough wisdom experience, Wise Concentration unifies the whole of the Middle Way Path (Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Awareness as well as Wise

Concentration) to the Noble Truth wisdom-liberating discernment—the Unshakeable Deliverance of Mind.

A chess player, a surgeon operating, or a mother watching over her children while swimming, all are focused and concentrated. But here Wise Concentration brings together the Middle Way experience to a clarified and fulfilled discernment for craving's cessation, suffering's end and penetrates the Ultimate Reality and the Unconditioned Realm, Nirvana. In contrast a self-obsessed mind is unsettled, craves after, is attached to a body/mind identification, and unwittingly engages in careless actions. Realized is suffering's end.

Settled and focused through Insight Meditation, relaxed in body and mind, follow your matured Wise Reflection as an intuitive insight. Your attention doesn't indulge, act on, or narrow to a self focus. Note how the breath shifts in sensitivity to lower in the abdomen while awareness doesn't engage in a self-absorbed focus. Note how self-directed motives as thought impressions and the discursive monologue have stopped. Feel the relief and release from self-fabrication and associated craving after. The body/mind obsession for the Five Groups of Self-Attached Identification is dropped. Follow as a Middle Way threefold unity of Right Understanding, Right Action and Right Concentration harmonize, and opens to a Noble Truth enlightenment or breakthrough wisdom.

Right Concentration rights transgressing self-obsessed habits and delusion (meditation maturing to wisdom is highlighted), joining through a Middle Way guidance and Noble Truths insights for the Five Groups of Self-Attached Identification to a Wisdom-Liberating Deliverance.

Wise Effort

Wise Effort builds on the Noble Truths Wise Understanding foundation and Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Effort is experienced;**

- **Through the diverse conditions and actions of Right Concentration arising, Wise Effort arises;**
- **With Wise Effort arising, a proper effort or energy is directed towards craving's cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Effort actively applies the Middle Way's Right Concentration.

Wise Intention and Wise Effort are closely related and overlap as experiences. Wise Intention, however, initially directs one's attention and mind while Wise Effort applies the necessary energy to transform and be released from self-obsession.

Take, for example, walking. Intention is the command to walk while effort actively engages the energy to walk. Wise Effort is fourfold: the effort to abandon detrimental mental states; the effort to prevent detrimental mental states; the effort to arouse beneficial mental states; and the effort to maintain beneficial mental states. Through Wise Intention you first connect and address the festering self-dilemma while Wise Effort applies the appropriate energy to actually end self-promoted actions. Wise Effort completes the Wise Intention of renunciation, goodwill and compassion.

Settled and focused through Insight Meditation, impeccable in conduct-virtue, Wise Effort joins with the present mental state. One either is confused and overtaken by habits or has a recognition and intuition to wisely deal with them. Applying a Middle Way appreciation, note how self indulged and aggressive extremes fall away. Wise Effort transforms dormant detrimental habits. No longer restless or distracted, one is more like a therapist bringing understanding, healing as well as closure to self-conflicted instances. After all, who knows one better?

Note how the breath's quality settles and attention is able to perceive underlying habitual stress. Relax to follow Wise Effort as a concentrated recognition. The subconscious flashes and a mental

urgency thrives. Note the affect of greed, hatred or confusion (greed is dizzying, hatred painful and burdensome, and confusion a perplexing runaround). Without engaging the habit, Wise Reflection distinguishes and calmly observes ongoing mental activity. Here dormant, active and transgressing mental states reside. The self actor seeks an outlet and expression, but the experience is directed first through Wise Intention then to establishing Wise Effort as rehabilitation. As a Middle Way appreciation, follow the shift away from impulsiveness to the Noble Truth recognition and Wisdom Matrix clarification. Acknowledge as craving to act on habitual intentions isn't engaged. The transferring of karmic energy halted, the Noble Truths non-self insight stands out, the release from self-reference, as well as the Wisdom Matrix clarification for purposeful action.

As a maturing and insightful practitioner, renunciation and restraint are adhered to controlling sense-contacted experiences. Concentration is now a steady recognition, dealing with and overcoming dormant habits. Should habitual energies win out, return to recognize the breath's quality and associated physical stress to relax and again draw on Wise Effort to deal with the challenging mental state. Wise Effort actively turns to the Noble Truths' liberating vision.

Five Techniques in Assisting with Wise Effort

Five helpful techniques are applied when dealing with difficult and nagging habitual issues: to identify, replace, turn away from, observe and expel.

Identify: Recognizing the flaring habit neutralizes the unwholesome thought and returns one to a present-minded Wise Reflection. Realized is the danger and downfall of careless thoughts and behavior joining with and intensify as craving to have far reaching suffering consequences.

Following the breath's quality, first touch base with Wise Intention to identify then redirect the habitual energy. Note how a self-monologue urges one on. Greedy, hateful and confusing antics are at the core of self role playing. Emphasizing conduct-virtue as Right Action, slowly turn your awareness to realize Wise Effort. Intention is directly engaged

to deal with the festering habit. Wisely Reflecting, Wise Effort is applied to consciously remove the detrimental habitual energy. Slowly detach from the body/mind obsession for the Five Groups of Self-Attached Identification. Through a Middle Way appreciation one isn't caught up in self extreme reactions. Acknowledge the relief and release as a Noble Truth insight for cessation and suffering's self-deluded end.

Replace: Aware that concentration has lapsed, refocus to connect with the breath. Feel how the breath is labored. Note the tension at the forehead, temples pounding, mouth dryness, a constricting pressure at the chest, stomach sour, and blood pressure and pulse rate soaring. Anxious and out of control, self-identification dominates. A body scan reveals the breath as short and sharp while the mind is narrowed and pressured. Take 5-7 deep breaths to ease the tension. Feel where you are resisting. Allow the conflicting energy to disperse and release. As a Middle Way appreciation, one doesn't indulge or fight with the situation. Gradually the unwholesome habit is defused.

Sensual desire is met by reflecting on the body as an organic biology. A person lusted after is taken to be a brother, sister, one's own child, or as a mother or father figure. Wisely Reflecting, the charged thought impression diminishes. A centered Middle Way appreciation is experienced.

When affected by anger and ill will, arousing goodwill and loving-kindness dispels the negative thoughts. Feel the physical and mental recoil when perceiving a threat, but things are rarely as bad and one-sided as they are made out to be. Touch base with patience to be open and flexible. Now centered, ease deeper into the meditation to note how the body and mind respond to ill will (body tense and attention rigidly narrow). Wise Effort weakens then replaces the unwholesome thought. Slowly one's self-obsession is defused.

Depressed and confused, the self-absorbed imagination is deceiving. Acknowledge how uncertainty and nervousness are reflected through a shallow, strained breath. Tension wrinkles the brow and forehead, dry lips are licked, and the stomach is nervous while anxious thoughts flash. Wisely Reflecting, begin to relax the many pressure points. Sense the

shift from detrimental mental states to a mindful release. Relaxing self-attachments, accumulated habits disperse. Goodwill and patience go on to pacify insecurity. A recognition as remorse and seeing the drawbacks in allowing detrimental thoughts to persist, self-directed harmfulness is stopped. Beneficial and wholesome efforts quell the self actor. Through a Middle Way appreciation one isn't caught up in self extreme reactions.

Turning away from: Take 5-7 deep breaths to reestablish a present awareness. Direct the mind away from detrimental thoughts to reconnect with the breath's quality and wholesome states. Acknowledge the burden as well as the affecting distraction. Slowly allow the unwholesome thoughts to disperse. Follow on Wise Reflection to understand how a self-centered focus has you cornered, off balance and unsettled. Specifically, craving after as a delight and pleasure is the culprit along with self-associated frustration, anger or resentment leading to varying degrees of sorrow, lamentation, pain, grief and despair.

Observing: Following the Wisdom Matrix Conditions Arising purposeful action cycle, recognize how conditions, actions, influences and elements contribute to forming mental states. Acknowledge the disposition for a body/mind self-identification to continually plot and justify plans and actions. Follow as personal insight Conditions Arising to trace your actions ("This being that exists; through the arising of this that arises. This not being, that does not exist; through the ceasing of this that ceases," MN 79 and "When this exists, that comes to be; with the arising of this, that arises. When this does not exist, that does not come to be; with the cessation of this, that ceases" SN 12, 62, 2.).

Practical and relevant as a grounded recognition, the Five Remembrances are key observations clarifying life—sickness, aging, death, inevitable change and loss, and responsibility for one's actions.

Noting one's own frailty, one moves away from self-reactions to connect as a Wise Reflection with sickness. As an insight for illness one is better prepared and able to deal with disabling moments. Following a Middle Way appreciation, one isn't caught up by self extreme reactions.

Noting one's own physical weakness, one moves from self-reactions to connect as a Wise Reflection with inevitable aging. The body is seen as transforming over the years. Following a Middle Way appreciation, one isn't caught up by self extreme reactions.

Not a morbid or fatalistic view, death is an honest realization. One moves away from self-reactions to connect as a Wise Reflection with mortality. Follow how life energies arise, play out and then cease. Following a Middle Way appreciation, one isn't caught up by self extreme reactions.

You are eventually to be separated from everything you love, hold dear, and possess. Life as purposeful action has its seasons and passes on—conditions, actions, influences and elements. One moves away from self-conspiring reactions to connect as a Wise Reflection with inevitable loss. Following a Middle Way appreciation one isn't caught up by self extreme reactions.

Feel how compelling habitual actions arise to affect one both physically and mentally. Noting the actions, one moves away from self-impulsiveness to connect as a Wise Reflection with responsibility and insight. Following a Middle Way appreciation, one isn't caught up by self extreme reactions.

The Five Remembrances honestly reflect life rather than being a negative despair or denial. Not caught by surprise, but rather Wisely Reflecting and following a Middle Way appreciation, life is discerned as it actually is—not as a body/mind self-identification but as purposeful action. With nothing enduring, impermanence is a part of life. Awareness and understanding increase and mature. As a self actor one is at odds with and turns away from life's harsh realities. As a Middle Way appreciation one isn't caught up in self extremes for indulgence or hostility. Acknowledge the Noble Truths insight for craving's cessation and suffering's end. Follow the awareness as well

as relief and release to actually NOT struggle and be at odds with life's challenges. The self actor cries and suffers, but following the Middle Way Path the self ordeal isn't overwhelming and is defused.

Expelling: As a last resort the burdensome unwholesome thought is forcefully expelled from mind. By calling strict attention to desire, ill will and harming, identification with detrimental self-impressions are dropped.

Feel as unwholesome thoughts are suffocating. One's own worst enemy, note how a self-ideal is grasped. The Noble Truth insight recognizes self-delusion as suffering, the craving attached to a self-ideal, the cessation from craving as freedom, and the Middle Way Wise Effort applied preventing and stopping suffering. Detrimental tendencies and states are released. Following a Middle Way appreciation, one isn't caught up in self extreme reactions.

Having renunciation and restraint for self-promoted intentions, acknowledge the Noble Truth non-self insight experience.

The Wise Effort Abandoning Detrimental Mental States

Self-obsession is like holding on to a red-hot iron bar—a suffering. Stopped and abandoned are careless detrimental habits from infiltrating into one's thoughts, speech and actions. Mistaking reality as a self-identity is the culprit.

Settled and focused through Insight Meditation, follow the breath's quality to connect with the present mental state. Through Wise Intention first recognize subconscious habitual impulses as flashing images along with the inner monologue taking place. Note the urgency that is the body/mind identification compelling you to act. Following a Middle Way appreciation, Wise Intention as a recognition naturally gives way to Wise Effort. Concentration and meditation are cultivated and actively control unsettling dormant impulses. A Noble Truth non-self insight and Wisdom Matrix clarification for causes and effects, craving is stopped from carrying over to suffering consequences.

Now applying the Middle Way Wise Effort, you literally disconnect from the self-formed habitual intentions and associations for desire, hatred and harming. Desire is subdued by patience, renunciation and restraint; goodwill is the direct opposite of hatred; while compassion counters

harmfulness. Here craving after is prevented from escalating and carrying over to future consequences. Note the shift away from the self upheaval as physical relief as well as the mind settling to a concentrated recognition. Wise Effort as an active experience directs the Noble Truths knowing and cessation to realize the Wisdom Matrix for purposeful action. Follow how self-conceit and restlessness go on to be subdued and the misunderstanding for self-identification clears.

Engaged in Wise Effort, thoughts, speech and actions are monitored. Are you or others adversely affected? If so, stop from acting on the detrimental impulse, or if the motive is positive proceed with the responsible action. Note how craving's urgency is curtailed. Should one slip-up, acknowledge the faux pas to rejoin anew with Wise Effort. Also guard against too strong an effort leading to restlessness, or being casual and falling back into laziness.

Awareness Penetration as insight: Initial Contact follows the breath's quality to go on to connect with the mental state, noting the subconscious monologue; Sustained Contact connects with Wise Intention for the motive at hand and actively applies the Wise Effort for renunciation, goodwill or compassion; Interest follows through with the Wise Effort to expel the detrimental thought; 'Joy' feels the relief and release from the detrimental manifestation; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or a breakthrough wisdom as self-inspired craving ceases.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly distractions and pursuits in check, craving for desire, to uphold a self-identity or seeking an escape is subdued.

The Wise Effort Preventing Detrimental Mental States

While on a basic level you may seem settled, yet the subconscious mind is active and restless as a self-obsessed dialogue prattles on.

Acknowledge the compelling conditions, actions, influences and elements charging the Five Groups of Self-Attached Identification (body, feelings, perceptions, mental reactions and conscious attention). Note the underlying stress of conceit and restlessness. Feel the pressured expectations involved in fulfilling and furthering a self-ideal. Actively engaged in preventing unwholesome mental states, exerted is the Wise Effort to abandon detrimental thoughts, careless speech and harmful actions.

Settled and focused through Insight Meditation, follow the breath's quality to connect with the present mental state. Through Wise Effort subconscious impulses are corrected. Note the body/mind identified urgency leading to subtle persisting and nagging motives. Concentrate to now control unsettling dormant impulses. Craving is nullified. A Noble Truth non-self insight and Wisdom Matrix clarification for purposeful action, craving is stopped from carrying over to suffering consequences.

Applying the Middle Way Wise Effort is an insightful disconnect from self-formed habitual intentions for desire, hatred and harming. As the habitual buildup disperses, feel the physical relief as well as how the mind clears. Note how craving after is stopped from being engaged and playing out. Acknowledge how the self-turmoil falls away. The Noble Truths non-self insight as well as the Wisdom Matrix clarification for purposeful action are realized. Follow how self-conceit and restlessness go on to be subdued and misunderstanding (ignorance) falls away.

Awareness Penetration as insight: Initial Contact follows the breath to go on to connect with mental states, noting the subconscious monologue and dormant potential; Sustained Contact connects with Wise Intention to apply renunciation, goodwill and compassion; Interest follows through with Wise Effort to keep any detrimental thoughts from arising; 'Joy' is the relief and release from dormant habits not arising; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or a breakthrough wisdom as self-inspired craving ceases.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly distractions and pursuits in check, craving for desire, to uphold a self-identity or seeking an escape is subdued.

The Wise Effort Promoting Beneficial Mental States

The Middle Way is the final action guided by wisdom to end all self-related suffering actions. Having remorse and now understanding the drawbacks of detrimental actions, you engage in the Wise Effort to cultivate beneficial mental states. Wise Intention as renunciation and restraint curbs sensual contact and prevents greed; goodwill cuts off hatred; and compassion is a wholesome offering stopping harming. Required from one is the effort to develop beneficial mental states.

Settled and focused through Insight Meditation, follow the breath's quality to connect with the present mental state. Through Wise Effort the subconscious is discerned and engaged. Here images flash and an inner monologue murmurs. Note the body/mind identified urgency reflecting charged motives. Wisely Reflecting, concentrate to now view and control unsettled dormant impulses. A Noble Truth non-self insight and Wisdom Matrix clarification for purposeful actions, craving is stopped from carrying over to suffering consequences.

The subconscious urgency brought under control, note how self-promoted actions are stopped and craving's cessation stands out. Beneficial mental states are cultivated through applying Wise Intention as renunciation, goodwill and compassion. Wise Effort is an actively applied insight experience.

Awareness Penetration as insight: Initial Contact follows the breath's quality to go on to connect with present mental states; Sustained Contact connects with the Wise Intention for renunciation, good will and compassion; Interest follows through with the Wise Effort to engage in beneficial and wholesome thoughts; 'Joy' feels the relief and well being to be absorbed and concentrated in beneficial states; and having One-

Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or a breakthrough wisdom as self-inspired craving ceases.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly distractions and pursuits in check, craving for desire, to uphold a self-identity or to escape is subdued.

The Wise Effort Maintaining Beneficial Mental States

Joining with Wise Intention to recognize the role and affects of subconscious habits, Wise Effort is applied to actively maintain beneficial mental states. In turn wholesome actions along with Wise Reflection direct one as a Middle Way appreciation. Six qualities stand out forming beneficial effort; maintaining, non-confusion, increase, plentitude, development and culmination.

Maintaining: Beneficial mental states are consciously cultivated as both a prevention and continued insightful development, wiping clean all negative and counter productive thoughts and centering the fickle mind. In turn the Noble Truths Wisdom-Liberating Deliverance for suffering's end is realized—the Unconditioned Realm, Nirvana as liberating cessation.

Non-confusion: Understanding and Wise Reflection focus on how craving as delight and pleasure leads to continued suffering, and specifically deals with desire, self-identification and seeking to escape. Realized is the essential (the Four Noble Truths wisdom-recognition and Wisdom Matrix clarification) and dropped or set aside is the non-essential (misunderstanding or ignorance and the Five Groups of Self-Attached Identification). A clear realization of life and reality, the Noble Truths as proper wisdom are followed. Nirvana as the Ultimate Reality is known.

Increase: Responsible actions and a maturing discernment for the Four Noble Truths vision and insight as well as the Wisdom Matrix

clarification are followed. The self actor is tied to desire, hatred and ill will. Intention (renunciation, goodwill and compassion) and effort join as a personal recognition of the Four Noble Truths and the Wisdom Matrix clarification for conditioned actions. One-sided self-related attachments are abandoned. Nirvana as craving's cessation and suffering's end are experienced.

Plentitude: The Middle Way factors come together as an intuitive experience for craving's cessation as related to conditioned pursuits (Sense, Fine-Material and Immaterial Realm attractions and fabrications). Realized is the liberation to the Ultimate Reality, Nirvana.

Development: The Middle Way Path Effort is applied and continues to a Noble Truth penetrating enlightenment or breakthrough wisdom and a Wisdom Matrix clarification; insight for non-self and Conditions Arising purposeful action. Discerned is the Unconditioned Realm, Nirvana.

Culmination: Turning away from self-reference and self-promotion, the Noble Truth Unshakeable Deliverance of Mind and breakthrough penetration to the Unconditioned Realm is experienced. The Supreme Noble Truth, Nirvana is known.

Through Wise Effort and applying wholesome mental states one actively separates from the Conditions Arising suffering cycle and, specifically, craving's charge doesn't carry over. Wise Intention (renunciation, goodwill and compassion) helps undo self-deluded attachments. Wise Effort is actively experienced and applied as wholesome mental states cut off habitual self-involvement. Craving ceasing and attachments dropped, self-generated instances don't arise or play out.

Settled and focused through Insight Meditation, follow the breath's quality to connect with the present mental state. Through Wise Effort the subconscious is engaged. Here images flash and an inner dialogue sounds. Note the body/mind attached urgency as self-absorbed motives arise. Wisely Reflecting, concentrate to now view and control unsettling dormant impulses. Craving is stopped from escalating to suffering consequences. A Noble Truth non-self insight and Wisdom

Matrix clarification for conditioned actions (rather than self-identified), craving is stopped from carrying over to suffering consequences.

The subconscious self-directed urgency brought under control, note how self-promoted actions stop and craving's cessation stands out. Beneficial mental states are further cultivated through renunciation, goodwill and compassion. Wise Effort is an active insight application of the Four Noble Truths vision and understanding. Acknowledge the shift in your breath as a relief and unburdening from the self actor. A clarifying awareness and wisdom-recognition are realized.

Awareness Penetration as insight: Initial Contact follows the breath's quality to connect with the present mental state; Sustained Contact connects with the Wise Intention for renunciation, good will and compassion; Interest actively engages in the Wise Effort to maintain beneficial wholesome thoughts; 'Joy' feels the relief and well being from promoting and continuing beneficial thoughts; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or a breakthrough wisdom as self-inspired deluded actions cease.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Wise Awareness

Wise Awareness builds on the Noble Truths Wise Understanding foundation and Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Awareness is experienced;**

- **Through the diverse conditions and actions of Right Concentration arising, Wise Awareness arises;**
- **With Wise Awareness arising, life and reality are correctly known and the wisdom is directed towards craving's cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Awareness actively applies the Middle Way's Right Concentration

Wise Awareness as a concentrated observance, personal recognition and insightful penetration discerns life and reality without self-reference. The Noble Truths Wise Understanding and the Wisdom Matrix clarification are applied to the four cornerstone experiences of body, feelings, mind and life-actions which encompass all events and phenomena within this present Sense Realm experience. What had seemed ordinary and even taken for granted, Wise Awareness becomes microscopic-like as all aspects and details of life are seen through the Noble Truth vision and understanding. An active personal experience, reflect on how Conditions Arising as purposeful action affects everything (multiple actions interacting to give the illusion of the 'one' or self—impermanent, dissatisfying and subject to suffering, and of a non-self nature). Turning away from a self-obsessed focus, realized is the Ultimate Reality and release from suffering.

Wise Awareness for the Body

Wise Awareness discerns the body through the Noble Truth's Wise Understanding. Settled and focused through Insight Meditation to separate from everyday distractions, the breaths at first are long and heavily drawn out then slowly shift to a shorter relaxed and clear minded respiration. Acknowledge the natural arising and fading of the breath. Note how the body is affected as well as the general passing of stress and pressures. Acknowledge the physical presence (facial muscles, eye strain, clenched jaw as well as chest, abdominal and

pelvic pressures). The body goes on to weaken, sicken, age and die. There is no unique, self or an individual identity. Discerned is the insightful experience for the body's vulnerability and impermanence. As a Noble Truth recognition the body is regarded without reacting or passing judgment—arising, transforming, and ceasing.

Whether walking, standing, sitting or lying down (and the many in between positions and activities of bending, stretching, dressing, eating, drinking, urinating, defecating, etc.), all functions and aspects of the body are duly noted. Acknowledge the burden, conceit, and restlessness affecting the body/mind connection through a mistaken self-identification. Clearly comprehending, the attachment and expectations for the body can never be met or fulfilled and so one suffers.

The Four Dynamic Forces of Extension (solid and material forms); Cohesion (liquid, moisture, gas); Temperature (heat/cold); and Motion (space/air) highlight the body make-up as well as how material actions join and play out. The dominating element makes for solidity (earth, physical body both soft and hard); fluidity (liquid, moisture or gas); temperature (heat or cold); or motion (related to space and air). The paradox of impermanence is that for there to be 'one' there must always be two or more conditions, actions, influences or elements present (and in turn these have their own contributing factors and conditions).

The body isn't supported as personality view, isn't craved after as mine, nor reflects self-conceit. Not to be identified, delighted in or pursued as a past, present or future self-association, one isn't measured or defined by the body. Noting the physical nature both internally as well as externally, a direct wisdom-recognition of the Wisdom Matrix clarification as purposeful action is discerned. With the recognition that the body exists to the extent necessary for awareness and knowledge, one is detached and clings to nothing material. Physical identification as self is severed. The body is experienced as a short-lived material flux, supporting a stream of conscious related experiences.

As a refined and deepened concentration, Wise Awareness matures to discern the Four Noble Truths insight. Beyond self-impressions,

beyond the body/mind association, the First Noble Truth as a Signless Deliverance penetrates the Five Groups of Self-Attached Identification to a non-self recognition. The body weakens; feelings are pleasant, painful or neutral; perception identifies and judges; mental reactions reflect a personal history; and conscious attention mistakes life in general as self—all arising and ceasing as non-self instances. Dropping the self-obsession, the Noble Truth Signless recognition is realized.

A profound Wise Awareness realization, craving as delight and pleasure for the body leads to self-suffering. The Second Noble Truth as a Desireless Deliverance is penetrated as a Wisdom Matrix clarification for so many conditions, actions, influences and elements forming materiality.

Craving's role as desire, for a self-identity, or seeking an escape, the Third Noble Truth as an Emptiness Deliverance is experienced. Craving ceasing, the Wisdom Matrix clarification for the Conditions Arising cycle is discerned and nullified.

The Middle Way Noble Eightfold Path is followed to its liberating conclusion (Wise Understanding on through to Wise Concentration). Not an exercise in logic, Wise Awareness as an active personal wisdom penetrates the misconstrued obsession for self. The Fourth Noble Truth as the Unshakeable Deliverance of Mind stands out, self-misunderstanding (ignorance) is cutoff and transforms to enlightenment or Wisdom-Liberating Deliverance.

Lust and greed abandoned, aversion abolished, the underlying tendency for the view and conceit 'I am' is eradicated. Misunderstanding (ignorance) is clarified as a Noble Truth proper wisdom-recognition and Wisdom Matrix clarification. Suffering ends as self-reference and the accompanying self-promoted craving is stopped. The present moment opens to the Ultimate Reality and the Unconditioned Realm.

Awareness Penetration as insight: Initial Contact follows the breath's quality as a Wise Awareness to connect the body; Sustained Contact notes the physical pressures and stress affecting the body; Interest

reflects on the body as impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising); 'Joy' is without self-identification and concentrates as a clarified Wise Awareness; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or breakthrough wisdom as self-suffering ceases.

Wise Awareness for Feelings

Wise Awareness discerns feelings through the Noble Truth's Wise Understanding. Feelings take place at every instance and with every experience. The self actor hones in on pleasant experiences, rejects and flees painful episodes, and all together ignores boring neutral feelings. A feeling arises when a contacted action strikes a sense receptor (eyes/form, ears/sound, nose/smell, tongue/taste and skin/tactile) to then have consciousness. Initially awareness stops habitually impulsive actions, but when applied as a Noble Truths proper wisdom, Wise Awareness is an active personal discernment directed at ending self-promoted suffering. As clear knowing, Wise Awareness cuts through the distorted self-centered view. As a Noble Truth recognition feelings are regarded without reacting or passing judgment—arising, transforming, and ceasing.

Settled and focused through Insight Meditation, note the pressures, sensations and energies involved. At the start of meditation, stronger dominating feelings are a distraction. A body scan centering helps settle one down. Recognize how a sensation or a feeling is contacted and engaged. Note whether the moment is pleasant, painful or neutral. Follow how you clench and hold on to a pleasant feeling, recoil at pain, and dismiss neutral moments. The self actor struggles to cope with the affecting conditions, influences, and actions. Note the arising of emotional reactions for feelings. Recognize how one is quick to react and get caught up in wave after wave of sensory interaction. Acknowledge the ongoing communication between the body and mind. As a Noble Truth recognition regard feelings without reacting or passing judgment—arising, transforming, and ceasing. Discerned is the insightful experience for sense contacted feelings as a short-lived material flux, supporting a stream of conscious related experiences. Follow the shift away from and the release of habitual reactions.

As a refined and deepened concentration, Wise Awareness matures to discern the Four Noble Truths insight. Beyond self-impressions, beyond the body/mind association, the First Noble Truth as a Signless Deliverance penetrates the Five Groups of Self-Attached Identification to a non-self recognition. The body weakens; feelings are pleasant, painful or neutral; perception identifies and judges; mental reactions reflect a personal history; and conscious attention mistakes life in general as self—all arising and ceasing as non-self instances. Dropping one's self-obsession, the Noble Truth Signless recognition is realized.

A profound Wise Awareness, craving after as delight and pleasure for feelings leads to suffering consequences. The Second Noble Truth as a Desireless Deliverance, the Wisdom Matrix clarification for how conditions, pressures, actions, influences and elements contribute to make feelings.

Craving's role as desire, for a self-identity, or as an escape, the Third Noble Truth as an Emptiness Deliverance is experienced. Craving ceasing, the Wisdom Matrix clarification for the Conditions Arising cycle is discerned and nullified.

The Middle Way Noble Eightfold Path is followed to its liberating conclusion (Wise Understanding on through to Wise Concentration). Not an exercise in logic, Wise Awareness as an active personal wisdom penetrates the misconstrued obsession for self. The Fourth Noble Truths as the Unshakeable Deliverance of Mind stands out, self-misunderstanding (ignorance) is cutoff and transforms to enlightenment or Wisdom-Liberating Deliverance.

Lust and greed abandoned, aversion abolished, the underlying tendency for the view and conceit 'I am' is eradicated. Misunderstanding (ignorance) is clarified as a Noble Truth proper wisdom-recognition and Wisdom Matrix clarification. Suffering ends as self-reference and accompanying self-promoted craving is stopped. The present moment opens to the Ultimate Reality and the Unconditioned Realm.

Awareness Penetration as insight: Initial Contact follows the breath's quality as a Wise Awareness to connect with present feelings; Sustained Contact notes the contact and sensation affecting the sense organs of eyes, ears, nose, tongue or skin; Interest reflects on feelings as impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising); 'Joy' is without self-identification and concentrates as a clarified Wise Awareness; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or breakthrough wisdom as self-suffering ceases.

Wise Awareness for the Mind

Wise Awareness discerns the mind and mental reactions through the Noble Truth's Wise Understanding. Self-deluded habits, motives and reactions, the Three Poisons of greed, hatred and confusion play out (the subconscious role of dormant, active and transgressing habits). Self-centered thoughts, speech and actions are expressed. Nourished and influenced by many experiences and conditions, mental reactions aren't self but a joining together of personal history, relationships, upbringing, schooling, culture, friendships and associated intimate interactions. Initially awareness stops habitual impulses, but when applied as a Noble Truths proper wisdom Wise Awareness is an active personal discernment ending self-promoted suffering. Wise Awareness cuts through the distorted self-centered view. As a Noble Truth discernment the mind is regarded without reacting or passing judgment—arising, transforming and ceasing.

Settled and centered through Insight Meditation, note the burden and active obsession for a self-absorbed fantasy. Acknowledge how deep seated habits go on to affect mental states and reactions. Below the basic level of breath and centered awareness, recognize how motives are stirred. Mental associations churn, flash and echo in the mind. The subconscious exposed, note how a misplaced self-identity forms around mental experiences. Feel the subtle anxiety driving thoughts, speech and actions. Recognize the habitual compulsion overwhelming one as a self actor. Note the stress at the forehead and behind the eyes. What is taken to be a thought is really the mind narrowing to identify and

judge an experience through a self-limited perception. Follow how the mind focuses and mental pressures arise and are engaged.

Acknowledge the interaction and communication between the body and mind. A desiring thought has one's attention unsettled and body agitated, stomach nervous, heart rate up and short of breath; a hateful thought and the mind is tight and painful, the body disposed to headaches, a sour stomach and a suffocating-like breath; a confused thought is worrisome with a listless ill-at-ease feeling or depression and the breath is labored. The mind is experienced as short-lived associations and a stream of conscious experiences. Follow the arising of a thought, how the mind narrows and bears down, but also relaxing to release the thought impression. Wise Awareness penetrates the self-focus bringing ease, relief and control to life, going on to defuse greed, hatred and confusion.

As a refined and deepened concentration, Wise Awareness matures to discern the Four Noble Truths insight. Beyond self-impressions, beyond the body/mind association, the First Noble Truth as a Signless Deliverance penetrates the Five Groups of Self-Attached Identification to a non-self recognition. The body weakens; feelings are pleasant, painful or neutral; perception identifies and judges; mental reactions reflect a personal history; and conscious attention mistakes life in general as self—all arising and ceasing as non-self instances. Dropping the self-obsession, the Noble Truth Signless recognition is realized.

A profound Wise Awareness, craving as delight and pleasure for mental formations leads to suffering consequences. The Second Noble Truth as a Desireless Deliverance is penetrated, the Wisdom Matrix clarification for conditions, pressures, actions, influences and elements forming as mental experiences arise.

Craving's role as desire, for a self-identity, or as an escape, the Third Noble Truth as an Emptiness Deliverance is experienced. Craving ceasing, the Wisdom Matrix clarification for the Conditions Arising cycle is discerned and nullified.

The Middle Way Noble Eightfold Path is followed to its liberating conclusion (Wise Understanding on through to Wise Concentration). Not an exercise in logic, Wise Awareness as an active personal wisdom penetrates the misconstrued obsession for self. The Fourth Noble Truths as the Unshakeable Deliverance of Mind stands out, self-misunderstanding (ignorance) is cutoff and transforms to enlightenment or Wisdom-Liberating Deliverance.

Lust and greed abandoned, aversion abolished, the underlying tendency for the view and conceit 'I am' is eradicated. Misunderstanding (ignorance) is clarified as a Noble Truth proper wisdom-recognition and Wisdom Matrix clarification. Suffering ends as self-reference and accompanying self-promoted craving is stopped. The present moment opens to the Ultimate Reality and the Unconditioned Realm.

Awareness Penetration as insight: Initial Contact follows the breath's quality as a Wise Awareness to connect with the present mental state; Sustained Contact notes the subconscious active mental dialogue; Interest reflects on the mind as impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising); 'Joy' is without self-identification and concentrates as Wise Awareness; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or breakthrough wisdom as self-suffering ceases.

Wise Awareness for Life-Actions

Wise Awareness discerns life-actions or phenomena through the Noble Truth's Wise Understanding. Reflecting Conditions Arising as multiple actions giving the illusion of the 'one,' the true nature of life is action based and not self-related. The Wisdom Matrix recognition for Conditions Arising cycle is underscored by purposeful action, leading to grave or less suffering experiences. Insight into impermanence as an arising and fading as well as the non-self nature of phenomena are discerned. Initially awareness stops habitual impulses, but when applied as a Noble Truths proper wisdom Wise Awareness is a personal discernment ending self-promoted suffering. Wise Awareness as clear knowing cuts through the distorted self-centered view. As a Noble Truth recognition life-actions are regarded without reacting or passing judgment—arising, transforming and ceasing.

Settled and focused through Insight Meditation, sense the shift away from everyday self-distractions and preoccupations to a Middle Way appreciation. One is aware, observant and discerning rather than engaged and reacting. Actions are a challenge as both a physical and mental disturbance. Follow how the breath's energy flows through the body and goes on to affect the mind (shortness of breath, body tense and mind stressed, reacting as a self actor). Struggling to keep up with the constant barrage of experiences, a quick to surmise self-identification takes place. Life-actions are experienced as short-lived, supporting a stream of conscious related associations.

As a refined and deepened concentration, Wise Awareness matures to discern the Four Noble Truths insight. Beyond self-impressions,

beyond the body/mind association, the First Noble Truth as a Signless Deliverance penetrates the Five Groups of Self-Attached Identification to a non-self recognition. The body weakens; feelings are pleasant, painful or neutral; perception identifies and judges; mental reactions reflect a personal history; and conscious attention mistakes life in general as self—all arising and ceasing as non-self instances. Dropping the self-obsession, the Noble Truth Signless recognition is realized.

A profound Wise Awareness, craving as delight and pleasure for life-actions leads to suffering consequences. The Second Noble Truth as a Desireless Deliverance is penetrated, the Wisdom Matrix for conditions, pressures, actions, influences and elements forming as life experiences.

Craving's role as desire, for a self-identity, or as an escape, the Third Noble Truth as an Emptiness Deliverance is experienced. Craving ceasing, the Wisdom Matrix clarification for the Conditions Arising cycle is discerned and nullified.

The Middle Way Noble Eightfold Path is followed to its liberating conclusion (Wise Understanding on through to Wise Concentration). Not an exercise in logic, Wise Awareness as an active personal wisdom penetrates the misconstrued obsession for self. The Fourth Noble Truths as the Unshakeable Deliverance of Mind stands out, self-misunderstanding (ignorance) is cutoff and transforms to enlightenment or Wisdom-Liberating Deliverance.

Lust and greed abandoned, aversion abolished, the underlying tendency for the view and conceit 'I am' is eradicated. Misunderstanding (ignorance) is clarified as a Noble Truth proper wisdom-recognition and Wisdom Matrix clarification. Suffering ends as self-reference and accompanying self-promoted craving is stopped. The present moment opens to the Ultimate Reality and the Unconditioned Realm.

Awareness Penetration as insight: Initial Contact follows the breath's quality as a Wise Awareness to connect with present life-actions; Sustained Contact notes the life-actions or phenomena; Interest reflects on the life-actions as impermanent, dissatisfying and subject to

suffering, and of a non-self nature (Conditions Arising); ‘Joy’ is without self-identification and concentrates as Wise Awareness; and having One-Pointed Clarity penetrates the Noble Truth selfless recognition and the Wisdom Matrix for Conditions Arising on to enlightenment or breakthrough wisdom as self-suffering ceases.

The Middle Way Path distinguishes the Noble Truths threefold awareness, understanding and wisdom as well as the Wisdom Matrix clarification; from self-consumed to a non-self penetration and deliverance. With worldly pursuits and distractions in check, craving for desire, to uphold a self-identity or to escape are eradicated. The Ultimate Reality is revealed—Nirvana as Unconditioned, without self-fabrication and suffering’s end.

Wise Concentration

Wise Concentration builds on the Noble Truths Wise Understanding foundation and Wisdom Matrix clarification. The Middle Way Path without self extremes is followed to a penetrating recognition and liberating discernment.

- **Wise Concentration is experienced;**
- **Through the diverse conditions and actions of Right Concentration arising, Wise Concentration arises;**
- **With Wise Concentration arising, the Eightfold Path unifies as a penetrating wisdom directed towards craving’s cessation;**
- **And the Middle Way Path is fulfilled as enlightenment or breakthrough wisdom for the Supreme Noble Truth and Ultimate Reality—Nirvana as Unconditioned without self-fabrication.**

With the deeper realization to ending suffering, Wise Concentration actively applies the Middle Way’s Right Concentration.

Following a strict and disciplined conduct and ethics for one’s behavior, subconscious impulses and the accompanying self-monologue settle and give way to a refined and unaffected insight for life and reality.

Wise Effort and Wise Awareness merge together through a clarified Wise Concentration. Unifying all the eight factors of the Middle Way Path, Wise Concentration focuses as a Noble Truth realization to penetrate the Ultimate Reality, Nirvana as unconditioned, and know the end of self-fabricated suffering.

Though not necessary but nevertheless helpful, emphasized as a concentration tool the Fine-Material Absorptions or jhanas (Seclusion, Concentration, Equanimity and Detachment) aid in directing one towards a wisdom breakthrough experience. Removed from the overt self-involved onslaught of the Sense Realm body/mind obsession to a more refined meditative and insightful recognition, yet even here a low-key self-association exists which must be realized and eradicated.

The concentrated experience assists to subdue, strip away and reveal the subtle ongoing conceit and restlessness related to a false sense of self-identification. The underlying aspects of self-delusion (the drive for desire, the drive for existence, driven by misunderstanding life) are discerned. Additionally, impeccable conduct and behavior are essential to a further penetrating meditative awareness and personal insight as it is impossible to be careless and reckless and then be concentrated as wisdom-recognition.

The Seclusion Absorption

Insight Meditation is a 'seclusion' from sensory distractions and disturbances related to Sense Realm activities. Acknowledge the separation and detachment from over the top self-indulged ways. Wisely Reflecting, recognize the tranquility without sensory input. Feel the separation from the coarser Sense Realm body/mind obsession.

A Wisdom Matrix recognition, without the contributing sense factors and conditions, dormant, active and transgressing habits aren't engaged. Experience the Seclusion Absorption directed towards a non-self recognition and the cessation from self-reference. Meditation as both instructive and revealing, the attraction and fondness for the Five Groups of Self-Attached Identification falls away. A Wisdom Matrix clarification, discerned is the Conditions Arising causes and effects involved within the Fine-Material Realm and the associated

concentration. Feel the shift away from a body/mind identification to a Middle Way appreciation detached from self extremes. Recognize how the Seclusion Absorption is brought about, the purposeful action involved, and how one is instrumental in directing awareness. As a refined concentration connected to the subtler Fine-Material Realm, experience insight for how the mind and consciousness arise and work as well as the non-self recognition. You open to the Seclusion Absorption.

The Fine-Material Awareness serves as an example for something other than sense-related contacted and indulged experiences. All that you had known was centered around a body/mind self-identification. Turned away from is the hardcore deception not as an escape but as a Wisdom Matrix discernment for how conditions form into actions. The Fine-Material concentration is nevertheless impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising) underscored by purposeful action.

Settle to detach from the sensory burden of eyes/sight/forms, ears/hearing/sounds, nose/scent/smells, tongue/taste/flavors and skin/tactile/touch. Compelling one to act and react, sense stimulation is exhausting and is connected to a body/mind self-deception. With the Sense Realm sensual charge reduced, recognize how self-directed habits and the subconscious form and join as a misguided interaction. The Fine-Material Awareness deepens.

Recognizing how the Seclusion Absorption is brought about, realize the Wisdom Matrix for purposeful action involved and how one is instrumental in directing perception. While less dramatic and obvious, there persists a low-key self-attachment. As the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent. Wisely Reflecting, the Noble Truth non-self insight recognition turns one away from a self-focused reference.

One is directed to the Ultimate Reality and the Unconditioned Realm; suffering's end, Nirvana as liberating cessation without self-reference or self-promotion.

The Concentration Absorption

As an absorption removed from sensory engagement, the Fine-Material Concentration Absorption deepens. Note as the discursive monologue, persisting habitual energies and compelling intentions entirely decline. Craving's urgency for desire, self-identification or as an escape is less demanding.

Settled and focused through Insight Meditation, the impulse to act out diminishes. Experience the present connection as a composed, refined one-pointed attention. Recognize how the Concentration Absorption is brought about through renunciation and sensual restraint. With sense contacts subdued, feelings are less overt and the Fine-Material Concentration absorption is settled into. Realize the purposeful action involved and how one is instrumental in directing awareness.

The Concentration Absorption continues as a natural extension of your Insight Meditation experience and the Middle Way guidance. Through the quieting and releasing of habits to a clarified awareness, joy as a relief is experienced. A non-self insight and release from self-involvement stands out.

As the self-habituated urgency settles, allow the Fine-Material Awareness to come naturally on its own. Note the freeing from, separation and detachment from self-absorbed impulses to a concentrated meditation. Wisely Reflecting, an undisturbed tranquility and separation from the coarser Sense Realm preoccupation is experienced.

Acknowledge the open-flowing awareness as the mind settles and discursive mental prattle stops. A Noble Silence is known. Below the level of everyday self-related stress, a concentrated absorbed seclusion stands out. Acknowledge the separation from the Five Groups of Self-Attached Identification. Following an intuitive recognition, feel the shift away and relief from self-inspired greed, hatred and confusion. The Middle Way appreciation joins as an intensified Wise Reflection

removed from indulgence and hostility. As a Fine-Material Awareness, one opens to the Concentration Absorption.

Self-identification fades into the background. Note the settled and refined attention. The Fine-Material Awareness deepens. Without the contributing sense-related factors, dormant, active and transgressing habits are temporarily defused. Experience the Concentration Absorption as a non-self insight and release from self-reference.

Recognizing how the Concentration Absorption is brought about, realize the Wisdom Matrix for purposeful action involved and how one is instrumental in directing perception. While less dramatic and obvious, there persists a low-key self-attachment. As the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent. Wisely Reflecting, the Noble Truth non-self insight recognition turns one away from a self-focused reference.

One is directed to the Ultimate Reality and the Unconditioned Realm; suffering's end, Nirvana as liberating cessation without self-reference or self-promotion.

The Equanimity Absorption

Equanimity is more than a lack of disturbance and calm, but an ease, confidence, fulfillment, and release that comes about from first having renunciation and restraint for sensory activities along with proper conduct and virtue to then move away entirely from self-deceived impulses. Not actively engaged in self-promotion, the Equanimity Absorption stands out. Follow the moment as centered, quiet and composed. Separated from Sense Realm interactions, the Equanimity Absorption is experienced as a tranquil, steady and unified awareness. Relief from sensory involvement, a truly settled and released equanimity is experienced. Subconscious chatter is non-existent. The self actor is subdued.

Removed from overt sensory disturbances, habitual reactions don't arise and a settled tranquility is experienced. Follow as the Equanimity Absorption deepens. The Fine-Material Realm Awareness is joyful, relaxed and focused as an undisturbed One-Pointed Clarity for equanimity stands out.

Not compelled to indulge or pursue sensual gratification, acknowledge the settled well being and fulfillment. Craving's urgency for desire, a self-identity or to escape isn't sought. Recognized is the Wisdom Matrix for how conditioned causes and effects are generated upholding a self-delusion. You have willed yourself to be the person you are. Experience the unburdening and release from self-absorbed attachments.

As self-identification fades into the background, note how the mind and attention settle to a refined equanimous attention. The Fine-Material Awareness deepens. Without the contributing sense-related factors and habitual self-centered calling, dormant, active and transgressing habits are temporarily defused. Experience the Equanimity Absorption directed as non-self insight and release from self-reference.

Recognizing how the Equanimity Absorption is brought about, realize the Wisdom Matrix for purposeful action involved and how one is instrumental in directing perception. While less dramatic and obvious, there persists a low-key self-attachment. As the meditative moment changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent. Wisely Reflecting, the Noble Truth non-self insight recognition turns one away from a self-focused reference.

One is directed to the Ultimate Reality and the Unconditioned Realm; suffering's end, Nirvana as liberating cessation without self-reference or self-promotion.

The Detachment Absorption

Equanimity gives way to the Detachment Absorption as a neither-pain-nor-pleasure experience not related to sensory onslaught or cruder

body/mind self-reference. Conduct and virtue are at their highest and most noble levels. Allow yourself to know the depths of this settled capacity and recognition. Unrestricted and not bound by sensory indulgence or an overt self-reference, tranquility is experienced as a penetrating recognition removed from self-identification. Discerned are the conditions as causes and effects generating and upholding a self-delusion.

As a Fine-Material Detachment Absorption, absent is all the drama and hyperactivity connected with the Sense Realm. Acknowledge the clear-minded Wisdom Matrix discernment for craving's cessation not giving way to self-promotion. Recognized is how the Detachment Absorption is brought about and how one is instrumental in directing awareness.

Know the depths of this detached and clarifying experience not bound by sensory identification. A neither-pain-nor-pleasure experience removed from sensory onslaught and overt self-reference, note how awareness is marked by relief from exaggerated role playing and craved after pursuit. A detached, refined and settled recognition stands out.

Without self-indulgence and reacting to painful or pleasurable extremes, a self-association doesn't form. Feel the absence and relief as a weightless unburdening. One-Pointed Clarity as equanimity stands out as a Detachment Absorption. Tranquility is experienced as a penetrating mindfulness, undisturbed and not complicated by overt self-involvement.

Self-identification fades into the background. Note the settled and refined attention. The Fine-Material Awareness deepens. Without the contributing sense-related factors, dormant, active and transgressing habits are temporarily defused.

Recognizing how the Detachment Absorption is brought about, realize the Wisdom Matrix for purposeful action involved and how one is instrumental in directing perception. While less dramatic and obvious, there persists a low-key self-attachment. As the meditative moment

changes, weakens or ends, a self-related stress and dissatisfaction becomes apparent. Wisely Reflecting, the Noble Truth non-self insight recognition turns one away from a self-focused reference.

One is directed to the Ultimate Reality and the Unconditioned Realm; suffering's end, Nirvana as liberating cessation without self-reference or self-promotion.

The Seven Enlightenment Aids

The Middle Way Path climaxes to encompass a directed wisdom-recognition—the Seven Enlightenment Aids (Awareness, Investigation, Energy, Rapture, Tranquility, Concentration and Equanimity). The Enlightenment Aids have a dual function of 'actively' directing as well as 'settling' the mind to a penetrated discernment—enlightenment or a breakthrough wisdom. With the initial Awareness Aid as foundation, Investigation, Energy and Rapture are an applied focus while Tranquility, Concentration and Equanimity assist to refine recognition.

Unifying as a concentrated realization of the Four Noble Truths (self as suffering; craving after as the catalyst to continued suffering; craving cut off, suffering ceases; and the Middle Way Path followed and fulfilled as transformation, deliverance and liberation), the Enlightenment Aids are experienced through seclusion, dispassion, relinquishment and cessation of self-attached obsessed identification. Like a chick pecking to break out through its shell, it takes a repeated diligence and effort to shatter through the layers of self-related deceit. Insight Meditation is an active personal insight for how life is lived, plays out and awakening to the self-contrived delusion.

With the body/mind obsession for the Five Groups of Self-Attached Identification falling away all together, the Ultimate Reality as the Unconditioned Realm is penetrated, Nirvana. Known, experienced and realized is suffering's end. All self-directed habits have been eradicated along with craving after as delight and pleasure brought to cessation. The threefold misunderstanding that is ignorance is lifted (the drive for desire, the drive for existence, driven by misunderstanding life as self).

Not to be taken as an intellectual endeavor but rather a firsthand penetrated liberation, all self-centered reference, corrupted thoughts and transgressing actions end. Awareness, Investigation, Energy, Rapture, Tranquility, Concentration and Equanimity Enlightenment Aids crystallize as a personal epiphany—the Unshakeable Deliverance of Mind.

Awareness Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion and not directed by self-attachments, the Awareness Aid aligns with the Middle Way Wise Understanding discerning the Noble Truths insights and the Wisdom Matrix for Conditions Arising to the ultimate recognition of Wisdom-Liberation Deliverance. Follow as an undisturbed awareness concentrates to a one-pointed discernment without self-definition, judgment or bias. Settled in thoughts, speech and actions as well as having a blameless and flawless conduct-virtue, the Middle Way appreciation and guidelines are followed.

Abiding in seclusion from worldly pursuits and distractions, acknowledge the detachment from sensory experiences and compelling mental states. Recognize the ebb and flow as actions arise, peak, and cease without having an individual nature or source, but rather as multiple interacted actions giving the illusion of the 'one' or self.

Body—The body is regarded for its many external sources and internal interactions. A misplaced self-identification, you have willed yourself to be the person you are. Wisely-reflecting, the body is regarded through awareness and personal knowledge. Detached, you don't cling to physical identification. The body is experienced as a short-lived material flux, supporting a stream of connected conscious experiences.

Feelings—Feelings arise and are experienced as pleasant but aren't held on to, a recoil from painful episodes, and how neutral moments are all together ignored. Recognize the contacted causes and effects of sensory stimulation making for feelings (eyes/forms/sight, nose/smells/scents, tongue/tastes/flavor, ears/sounds/reverberation, skin/touch/tactile and mind/thoughts/impressions).

Mind—Habitual impulses flash. The subconscious exposed, note the pressure and burden as a mistaken self-identification forms around personal experiences. Craving as a compelling subconscious chattering drives the self actor. Self-centered thoughts, speech and actions go on to play out.

Life-Actions (phenomena)—Reflecting multiple actions in the ‘one,’ the true nature of life is action based and not defined as a single source. A threefold misperception blurs reality (the drive for desire, the drive for existence, driven by misunderstanding life as self). As a personal intuition, acknowledge how associated conditions arise, play out and disperse.

From the outset Insight Meditation’s experience has been a conscious and personally engaged recognition for life and reality. Grounded as an actively directed awareness for body, feelings, mind and life-actions, Wise Reflection intensifies and matures. The Awareness Aid discernment connects with the Middle Way Wise Understanding for the Four Noble Truths non-self vision and the Wisdom Matrix clarification for Conditions Arising as purposeful action.

Realizing the drawbacks as well as having remorse for detrimental, unwholesome actions, follow as craving’s urgency as delight and pleasure no longer joins up with underlying habits. A deepening of the Noble Truths insight, the Awareness Enlightenment Aid focuses keenly without self-perception, judgment or bias. Settled in thoughts, speech and actions through a Middle Way appreciation, one’s virtue is blameless and beyond reproach. Acknowledge your calm presence and clear intuition.

Following the noble and discerning realization, one abides in seclusion from worldly affairs and mundane distractions to have dispassion for sensory experiences and over the top emotional states. Experienced is the release and cessation for the remaining subtle self-attachments of conceit and restless. Acknowledge the abiding as a discerning concentrated wisdom-recognition.

Settled and focused through Insight Meditation, note how the breath when first sitting is long and heavy then the shift away from sense-contacted impressions and a self-association to an Awareness Aid recognition. Previously one's attention flitted about as a Monkey Mind distraction (desire, hatred, dullness and fatigue, restlessness and worry, and doubt and confusion) while the Three Poisons (the character flaws of greed, hatred and confusion) gave way to compromising habits. Unaware, careless intentions went on to undermine thoughts, speech and actions. Through the Awareness Aid, detrimental intentions are distinguished ('dark' qualities) as well as beneficial intentions ('bright' qualities) of mind. Wisely Reflecting, dormant self-associated states are realized before becoming active and leading to transgressing actions.

Through the Awareness Enlightenment Aid the wrongly perceived body/mind association for the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) isn't engaged. Follow as flashing thought impressions quickly disperse and fade before escalating to craving. Note the Noble Truth realized cessation freed from self-directed demands and the compelling driven habitual agenda. Below the level of subconscious dormant, active and transgressing habitual intentions, awareness is clear, perceptive and discerning.

Not clinging to a self-identity nor provoked or sought after as craving, follow how the Awareness Enlightenment Aid reveals life as non-self. The Noble Truths clarify the erroneous self-portrayed misunderstanding. Self-associated causes and effects diminish, no longer thrive and the Conditions Arising purposeful action cycle is defunct. A Noble Truth direct realization, relinquishment of the fantasized self actor is penetrated.

Through the Awareness Enlightenment Aid realize the First Noble Truth Signless Deliverance: directed by Awareness, the distinguishing recognition for the Five Groups of Self-Attached Identification as non-self and without any unique self-characteristic stands out. Reality is

seen as impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising) underscored by purposeful action.

The Second Noble Truth as a Desireless Deliverance: directed by Awareness, the Wisdom Matrix for causes and effects is realized, craving's role as a delight and pleasure for a body/mind self-promotion is highlighted, and how habitual intentions go on to play out as suffering.

The Third Noble Truth as an Emptiness Deliverance: directed by Awareness, the cessation of self-pursued craving inspiring self-compelling actions is stopped and suffering's end is known.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Awareness, the threefold misperception is clarified (the drive for desire, the drive for existence, driven by misunderstanding life as self), and the Ultimate Reality and the Unconditioned Realm is known, Nirvana. The Middle Way Path fulfilled, suffering ends.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Awareness Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Investigation Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion and not directed by self-attachments, the Investigation Aid examines mental states and phenomena through a Noble Truth proper wisdom.

Life is discerned without self-reference. Distinguished is the Wisdom Matrix clarification for Conditions Arising purposeful action. Discerned are the Five Groups of Self-Attached Identification as the manifestation

and by product of hampering habits, desires, craving after, attachments and self-pursued consequences. The Five Remembrances stand out—aging, sickness, death, loss as well as responsibility for how actions direct life.

Through the Investigation Aid the Four Noble Truths are a wisdom-recognition:

The Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) are impermanent, dissatisfying and suffering related. **The recognition is a Signless Deliverance.** Acknowledge the shift from self-bewilderment to a non-self Signless insight without self-identification that is the First Noble Truth realization.

Played out as Conditions Arising, craving as delight and pleasure (as desire, for a self-identity or seeking to escape) links the past with the present and generates future consequences. **The recognition is a Desireless Deliverance.** The Wisdom Matrix for Conditions Arising causes and effects is penetrated. Habitually driven craving cut off, the Desireless Deliverance is experienced.

Craving ceasing, suffering ends and liberation is known (Nirvana, the Unconditioned Realm). **The recognition is an Emptiness Deliverance.** A non-self clarification, craving's release and cessation are fathomed. Feel how self-identification abates and the associated self-pursuit ceases.

The Wisdom Matrix penetrated, craving after stopped, the Conditions Arising cycle halted, self-pursuit ends. **The recognition is the Unshakeable Deliverance of Mind.** The Noble Truths clarifying insights dislodges self-deluded misunderstanding or ignorance. A relief and release from not identifying or delighting in the Five Groups of Self-Attached Identification is known. A profound equanimity as liberation stands out.

Through the Investigation Enlightenment Aid the First Noble Truth Signless Deliverance is realized: directed by Investigation, discerned are the compelling factors of actual reality and the self-identified hoax realized.

The Second Noble Truth is a Desireless Deliverance: directed by Investigation, recognized are how sense-contacted impressions provoke and generate feelings; the Wisdom Matrix for purposeful action, a self-pursued craving and attachments lead to suffering consequences.

The Third Noble Truth Emptiness Deliverance: directed by Investigation, from a deluded self-misunderstanding a Conditions Arising suffering cycle plays out. With cessation of self-related ignorance, craving is cut off and suffering ends. One is directed to Nirvana, the Unconditioned Realm.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Investigation, the Wisdom Matrix Conditions Arising cycle penetrated, the Middle Way Path fulfilled, self-fabrication is released to know suffering's end and liberation, Nirvana.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Investigation Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Energy Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion and not directed by self-attachments, the Energy Aid is applied as proper effort (to stop detrimental mental states; prevent future manifestation of

detrimental mental states; to develop beneficial mental states; and to continue beneficial mental states). Habits and undermining intentions no longer play out, craving's compelling urgency falls away. The relief and release from self-promotion to cessation and liberation is known as all self-centered identification and miscues are relinquished

From the beginning Insight Meditation required a sustained and diligent effort or energy and dedication. Now effort and energy exorcise the remaining perplexed delusion that is a subtle 'I' related to self-conceit and restlessness. Following the Middle Way Noble Eightfold Path of conduct-virtue, meditation-concentration and insight-wisdom, each person is obliged to make the effort and apply themselves to end self-attachments and the deluded ignorance to penetrate the true nature of life and reality.

Just as an athlete spends years in training for a moment of excellence, the Middle Way Path requires a steadfast commitment. The Energy Aid then is a strict, no nonsense, no excuses exertion. Wise Intention (renunciation for desire, goodwill for hatred, and compassion for harming) is cultivated and applied to cut off the remaining compromising habits and forge a wisdom breakthrough. The qualities of arousal as enthusiasm, energy, motivation and conviction in fulfilling the Middle Way Path; endeavor as persisting effort and energy directed towards final liberation; and as progress which is intense, dedicated and devoted to the final outcome of Wisdom-Liberating Deliverance.

Directed towards final cessation and deliverance, whatever remains to be attained, is attained; whatever remains to be achieved, is achieved; whatever remains to be realized, is realized. One can never again turn back to a careless and desiring self-pursuit, but fulfills the Middle Way Path of Stream entry to final liberation. As Energy increases you are able to sustain and follow through to penetrate the Noble Truths Wisdom-Liberating Deliverance.

Through the Energy Enlightenment Aid, realize the First Noble Truth Signless Deliverance: directed by Energy, self-inspired motives or willed actions are cut off as well as attachments to realize a non-self insight.

The Second Noble Truth Desireless Deliverance: directed by Energy, the Wisdom Matrix for Conditions Arising is realized, craving as delight and pleasure directed towards self-pursuit, compelling actions and suffering consequences. Renunciation and restraint for sensory-contacted experiences, energy intensifies as a personal awareness to regulate and monitor any signs of self-promoted craving.

The Third Noble Truth Emptiness Deliverance: directed by Energy, craving's compulsion ceases (contacted feelings no longer give way and play out as craving), and suffering's end is realized.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Energy, the Middle Way Path is brought to fulfillment through the execution of noble energy. The action directed by wisdom to end all self-related actions, Nirvana as liberation is known.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Energy Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Rapture Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion, and not directed by self-attachments, the Rapture Aid reflects how joy and happiness are part of Insight Meditation and the Middle Way Path. There is relief and joy for understanding life, going from carelessness and craving after to a wisely discerned recognition heading off suffering actions. Happiness as detachment from worldly distractions and self-related pursuits, note how the mind is at ease, composed, peaceful and

relieved. The self actor and associated attachments relinquished, joy stands out.

The Rapture Enlightenment Aid reflects the satisfaction related to having followed the Middle Way Path experience and suffering's subsiding. Craving's cessation is blissful. Together as an Enlightenment Aid discernment, focused and experienced through seclusion, dispassion, relinquishment and cessation, the Rapture Aid emerges from having discerned the Noble Truths vision and wisdom.

On the surface, sensual indulgence and worldly involvements seem to be the answer, but desires are an exhausting and dissatisfying pursuit (craving for desire, self-identity or seeking to escape), and actually lead to a disappointing, suffering fallout. Until truly settled and firm in one's conduct and virtue, you aren't able to proceed along the Middle Way Path to realize craving's end in seeking self-fulfillment. Less is best—a humble life of simple food, clothing, shelter and medicine is followed. Rapture emerges as the Five Wise Actions reroute careless habits. Note how the mind is at ease, open and relieved to be without self-attachments. The Four Noble Truths deliverance follows as a satisfying release and rapture.

Motives recognized and detrimental habits stopped, craving doesn't flourish. For example, pulling your hand away from a fire one would feel immediate relief and the same is true with craving ceasing. The Middle Way threefold guidance (conduct-virtue, meditation-concentration, insight-wisdom) is followed and fulfilled. Craving is found unattractive and one doesn't give in to desire, self-identification, or seek an escape. Cessation as relief and rapture from suffering actions is known.

Through the Rapture Enlightenment Aid realize the First Noble Truth Signless Deliverance: directed by Rapture, it is a joy to know the reason and causes for suffering—the body/mind obsession for the Five Groups of Self-Attached Identification and craving's compelling role.

The Second Noble Truth Desireless Deliverance: directed by Rapture, the Wisdom Matrix for Conditions Arising causes and effects discerned,

craving and attachment to a body/mind identification is rightfully known and brought under control. Relief from ignorance and suffering, Rapture is experienced.

The Third Noble Truth Emptiness Deliverance: directed by Rapture, with craving stopped, suffering stops. A wisdom related joy stands out (the desire, hatred and harming associated with self-intentions are cut off). Craving is eradicated.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Rapture, the ignorance related to self-delusion clarified, the supreme bliss and happiness, Nirvana is realized. The Middle Way Path to enlightenment or breakthrough wisdom liberation is fulfilled.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Rapture Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Tranquility Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion and not directed by self-attachments, the Tranquility Aid follows as the release from worldly distractions and pursuits as well as upholding renunciation and restraint for the senses and sense contacts. Habits transformed and craving no longer arising, acknowledge the emptiness, freedom and release from the self actor obsession.

As a final settling the three remaining Enlightenment Aids are directed as a concentrated realization penetrating suffering's end. As sense-contacted renunciation along with craving ceasing, conceit and

restlessness wind down. The Tranquility Enlightenment Aid as serenity from having quelled and divorced the Five Groups of Self-Attached Identification stands out.

The qualities of the Tranquility Aid are composure, ease, gentleness, patience, confidence and clear knowing. Now calmed, focused and Wisely Reflecting, the Five Groups of Self-Attached Identification no longer dominate. As self confusion abates and wisdom for non-self insight and the Wisdom Matrix prevail, the Tranquility Aid is known. Turning away from worldly distractions, the Conditions Arising turmoil and cravings' compelling urgency for delight and pleasure, Tranquility is experienced.

A Tranquility absorption and recognition, note how the subconscious monologue, persisting habitual energies and craved after intentions are muted and cease. Disengaged and detached, feel how the everyday impulses to fulfill a self actor are defused. Wisely Reflecting, through renunciation and relinquishment Tranquility matures. Relief and a settled abiding from the self actor turmoil are known. There is joy and a calm abiding to be released from the deceived and misplaced focus of the Five Groups of Self-Attached Identification. An intuitive recognition, acknowledge the demise of self-conceit and accompanying restlessness.

Through the Tranquility Enlightenment Aid realize the First Noble Truth Signless Deliverance: directed by Tranquility, self-suffering along with its corresponding causes discerned, a tranquil abiding follows.

The Second Noble Truth Desireless Deliverance: directed by Tranquility, the Wisdom Matrix for purposeful action realized as well as craving's compelling role in suffering, one wisely turns away from self-promotion to a tranquil abiding.

The Third Noble Truth Emptiness Deliverance: directed by Tranquility, with self-dominating habits dropped, Tranquility is known as self-fulfilling craving is brought to cessation.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Tranquility, the Middle Way Path fulfillment is followed to liberation, Nirvana.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Tranquility Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Concentration Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion and not directed by self-attachments, the Concentration Aid as a one-pointed recognition discerns the Four Noble Truths profound vision and Wisdom-Liberating Deliverance. The essential wisdom clarification realized, non-essential self-deluded craved after passions and pursuits are dropped. Self-identification defused, acknowledge the shift in the breath's quality and attention to a calmed, refined and revealing concentration. Habits exorcised, misunderstanding is now clarified and wisdom known. Acknowledge how craving's urgency is broken and the self-obsession has fallen away. Follow the released and peaceful insight that is the Noble Truth discernment and liberating experience.

When desiring, angry, fatigued, restless or doubting, the Monkey Mind distractions and associated reactions are a Pandora's box of potential suffering. The mind flits about distracted by the sensory onslaught and worldly pressures, giving way to craving and suffering then follows.

Habit fetters eradicated, acknowledge how craving's urgency dissipates and self-obsession falls away. Following on the undisturbed and restful moment, the Concentration Aid discerns the Noble Truths Wisdom-

Liberating Deliverance. Self-referenced conceptualization or imagination gives way to a discrete, discerning and intuitive personal recognition. Directed by the Concentration Aid, discern the Noble Truth wisdom breakthrough that is the cessation for self-identification and self-promotion to realize the Unconditioned Realm.

The Concentration Enlightenment Aid penetrates the First Noble Truth Signless Deliverance: directed by Concentration, the obsessed self-hoax is fathomed as non-self and the Wisdom Matrix clarification for purposeful action is realized (the Five Groups of Self-Attached Identification—body, feelings, perception, mental reactions and conscious attention).

The Second Noble Truth Desireless Deliverance: directed by Concentration, the Wisdom Matrix for purposeful action penetrated, craving's role in promoting suffering is discerned and self-directed habits aren't engaged.

The Third Noble Truth Emptiness Deliverance: directed by Concentration, craving and the related Conditions Arising cycle are nullified to experience suffering's end.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Concentration, the Middle Way Path is fulfilled as the action guided by wisdom to end all self-related action.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Concentration Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Equanimity Enlightenment Aid

Concentrated through Insight Meditative seclusion, dispassion and not directed by self-attachments, the Equanimity Aid is realized from having ended self-deluded misunderstanding or ignorance. The world's general unrest reflects how people are absorbed and overwhelmed by self-obsession, festering habits and craving's compelling attraction. With self-fabrication ended, equanimity is known. Acknowledge the well-being and fulfillment that is craving's cessation. Unprovoked by common place challenges, adversities or distractions, Equanimity is the natural outcome of the Noble Truths liberating revelation and suffering's end. The Wisdom Matrix clarification for Conditions Arising purposeful action, the self-pursued entanglement is dropped. Self-deluded blinders (or 'taints') pulled back, and the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self), the Unconditioned is revealed. The Unshakeable Deliverance of Mind and suffering's end, Nirvana is known.

Equanimity as a concentrated awareness is the product of meditative composure, virtuous conduct, renunciation, and directed insight. The Equanimity Aid stands out as the perseverance, confidence, conviction, well being and fulfillment having ended the self-confusion associated with mundane pursuits. Resignation, blind acceptance, complacency, passivity and repression aren't to be confused with Equanimity. A deepened composure as well as assurance and release from self-directed ambitions, with nothing to prove, pursue, gain, sustain or uphold one abides in equanimity.

Through the Equanimity Enlightenment Aid realize the First Noble Truth Signless Deliverance: directed by Equanimity, having eradicated self-attached identification and related ignorance, a clarified insight for life and reality is known and an equanimous abiding stands out. The Ultimate Reality is discerned.

The Second Noble Truth Desireless Deliverance: directed by Equanimity, having eradicated self-identification and the related ignorance, the Wisdom Matrix for Conditions Arising realized, self-

promoted instances discerned, craving isn't taken up and an equanimous abiding stands out. The Ultimate Reality is discerned.

The Third Noble Truth Emptiness Deliverance: directed by Equanimity, having eradicated self-attached identification and the related ignorance, craving exorcised all together, suffering stops and an equanimous abiding stands out. The Ultimate Reality is discerned.

The Fourth Noble Truth as the Unshakeable Deliverance of Mind: directed by Equanimity, having eradicated self-attached identification and the related ignorance, the Noble Truths wisdom-recognition and the Wisdom Matrix clarification penetrated, an equanimous abiding stands out. The Unconditioned Realm without self-reference and unfabricated is realized. The Ultimate Reality is discerned.

Acknowledge equanimity and the unburdening from a self-deluded domination, misunderstanding (or ignorance) is now clarified. Climaxing through seclusion, dispassion, relinquishment and cessation, the Enlightenment Aids focus as a personal realization of the Noble Truth liberating wisdom-recognition. A fire gone out, a thirst quenched, a cooling down, the Equanimity Aid recognition established, self-reference and self-promotion end. An active and personal realization, the Middle Way Path follows Stream Entry passage to final liberation. The Noble Truth enlightenment or breakthrough wisdom experience opens to the Unconditioned Realm, Nirvana.

The Deathless

Reflecting on death isn't something morbid, but as a Noble Truth non-self discernment and realizing the Wisdom Matrix clarification for purposeful action, a misconstrued self-obsession is revealed. Paradoxically, Wisely Reflecting on death directs one to deliverance and the 'Deathless' (the Unconditioned Realm). The Middle Way appreciation without self extremes is followed. There is no mistaking birth as an eternal view or death as annihilation. The Deathless is penetrated.

Life and death are misinterpreted by an off base self-defined perception. This present Sense Realm obsession for the Five Groups of Self-Attached Identification is the sum of your willed actions and craving after. Ultimately, everything is impermanent, dissatisfying and subject to suffering (sorrow, lamentation, pain, grief and despair), as well as of a non-self nature (Conditions Arising). The self-deluded view and identification misses the Conditions Arising purposeful action (the many actions giving the illusion of the 'one' or self).

The Four Noble Truths recognition strips away all self-identified confusion. Preliminary Understanding of the Middle Way Path first sees the general role of karmic intentions as a right and wrong moral guidance. Wise Understanding of the Middle Way Path penetrates the Noble Truth's significance for non-self insight along with the Wisdom Matrix clarification to breakthrough wisdom and deliverance from self-consumed ignorance—the Unshakeable Deliverance of Mind is realized.

Concentrated and focused through Insight Meditation, note the breath and physical qualities as well as mental states. Acknowledge how habits drive one to crave as a delight and pleasure (desire is sought, self-identification pursued and clung to, or seeking to escape all together). Follow as intentions flash and a subconscious monologue interacts as conceit and restlessness. Never at rest, charged habits flare up and carry over as craving to generate future consequences. A Noble Truth recognition, the mistaken self-view associated with life and death is dropped and the Wisdom Matrix clarification for Conditions Arising is discerned (the many actions giving the illusion of the 'one' or self). Acknowledge the general dissatisfaction for life and how self-

promoted expectations go on to contribute to disappointment and suffering.

Habits controlled and the Monkey Mind distractions settled, the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) are no longer beguiling and an illusion. The Noble Truths recognition and Wisdom Matrix clarification join as proper wisdom. Self-absorbed craving is released. The Ultimate Reality as Unconditioned or 'Deathless' stands out (not related to self-indulged fabrications or Conditions Arising purposeful action). Seen and understood is how self-deluded ambitions translate to suffering. The Middle Way Path is followed as the action guided by wisdom ending all self-promoted actions. The self-illusion penetrated (self-attachments are dropped along with craving eradicated), you experience the 'Deathless' or the Unconditioned Realm, Nirvana.

One way of looking at the Deathless is to understand and experience the Unconditioned as 'unconditional.' Normally 'unconditional' refers to being open, accepting, inclusive as well as forgiving. But here 'unconditional' ties in with the realization for non-self insight and the Wisdom Matrix clarification to penetrate true 'unconditional' freedom from self-deluded attachments. Appreciated are the deeper and subtle aspects of what is 'unconditional.'

An Accomplished One—Noble, Perfect and Wise

The goal to the further shore and liberation isn't a fairytale, but is penetrated and experienced as an Accomplished One (or Arhat—'worthy one' or 'noble one') who has rightly realized the profound liberating wisdom of the Four Noble Truths, the Wisdom Matrix clarification of Conditions Arising, and fulfilled the Middle Way Noble Eightfold Path ending self-fabricated suffering. To put things into perspective, you have unwittingly willed yourself to be the person you are, mistaking the Five Groups of Self-Attached Identification as a real persona. Through Insight Meditation and deepening wisdom the Ultimate Reality is realized—the Unconditioned Realm, Nirvana. While the body may experience discomfort and pain, as an Accomplished One the mind is free from self-associated inference and reactions.

As an Accomplished One it is impossible that one harm another living being, steal, engage in intimate physical relationships, tell a conscious lie, over indulge in sensual experiences, or have bias based on desire, hatred, or confusion. Dedicated to renunciation and restraint, liberated from all self-attachments, one isn't provoked and moves easily through this world. In day-to-day dealings you are compassionate and equanimous. Previously careless, impatient and carried away by strong habitual impulses, a discerning Wise Reflection stands out centered on the Noble Truths wisdom-recognition and the Wisdom Matrix clarification, realizing craving's cessation ending all forms and levels of self-promoting actions.

The threefold Middle Way Path of perfect and blameless conduct-virtue, focused meditation-concentration and penetrating insight-wisdom culminates in enlightenment or breakthrough wisdom experience: Wise Reflection intensifies and is directed by Wise Understanding; Wise Intention joins with Wise Effort to stop and prevent detrimental mental states; while allowing for beneficial insightful mental states; Right Action (speech, actions and livelihood) is engaged and practically applied; Wise Effort, Wise Awareness and Wise Concentration follow as one settles to realize and experience craving's cessation.

Self-deceiving blinders pulled away (the drive for desire, the drive for existence, driven by misunderstanding life as self), the Ultimate Reality is penetrated. This present body/mind manifestation then is the last. When the body's energy runs out and freed from all self-deluded associations, one passes to the Unconditioned Realm. Having penetrated the full scope of the Four Noble Truths and the Wisdom Matrix clarification, Nirvana as liberating cessation from self-reference, self-promotion and suffering's end is known.

Cessation

Cessation from self-promoted thoughts and actions is reflected as a calm abiding, but more specifically as mental freedom. Previously taken in by sense-contacted impressions (eyes/forms, ears/sounds, nose/scents, tongue/tastes, and skin/touch), sensual experiences were mistaken as self-related. The Wisdom Matrix clarification for Conditions Arising causes and effects purposeful action, the Sense, Fine-Material and Immaterial Realms are rightly understood as self-absorbed, promoted and fabricated illusions. Wisely Reflecting, the Four Noble Truths Wisdom-Liberation from self-fabrication and attachments ceasing (craving cut off), the Supreme Noble Truth emerges and comes to be known.

Settled and equanimous, focused and discerning, center on the breath's quality and awareness grounded on the body, feelings, mind and life-actions. As an Accomplished One you don't fall into self-absorbed behavior nor are led astray by compromising habits. Craving's urgency linking past habits to present intentions and then on to future action consequences doesn't arise. The mind is steady and undeceived; stopped is the conspiring pursuit and clinging to a body/mind self-identification. Equanimity as relief and release from self-inclined associations stands out. Distinguished is an 'action-less' and selfless recognition having realized the Ultimate Reality. The Seven Enlightenment Aids as a directed wisdom, focus to penetrate the Noble Truths Wisdom-Liberating significance along with the Wisdom Matrix for Conditions Arising causes and effects to drop all self-association along with the accompanying craving after.

The breath natural and free-flowing and the mind without self-deception, acknowledge the relief as self-delusion is all together rightly clarified and not taken up. Whether detrimental and unwholesome or beneficial and wholesome, you realize how conditioned purposeful actions arise, interact, extend and follow a self-deluded tack. Misunderstanding or ignorance now clarified, the Unshakeable Deliverance of Mind is experienced (the Noble Truths realized, the Wisdom Matrix recognized, and the Middle Way Path fulfilled).

As a Proper Wisdom, the body is seen as compounded or conditioned derived (the Four Dynamics), feelings as sense-contacted stirred impressions (pleasant, painful and neutral), the mind and mental states as passing thought reactions (a personal history and association), and life-actions or phenomena as Conditions Arising causes and effects—impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising), the fourfold awareness recognition is no longer construed as I (identity), mine (craved after) or as self (conceit). Enlightenment or known wisdom liberation stands out.

The Four Noble Truths Wisdom-Liberating Deliverance breakthrough culminates in the Unshakeable Deliverance of Mind: self is suffering; craving after as the link for continued suffering; craving ceasing, suffering doesn't follow; and the Middle Way Noble Eightfold Path is fulfilled to deliverance. Rightly released, wisdom is unwavering and undeniable. A personally experienced recognition, the self-deluded hoax (ignorance) is eradicated. Self-identification ended, craving cut off and associated conceit extinguished, Nirvana as unconditioned, self-reference and self-promoted suffering ends.

The Vision and Understanding

Steadfast, resolved and wisely astute, as an Accomplished One the Noble Truths vision and understanding are penetrated.

Settled and equanimous and focused, a discerning concentration turns away from worldly distractions and self-identification. The Middle Way Noble Eightfold Path is followed through Stream Entry passage to final deliverance from the off base body/mind obsession for the Five Groups

of Self-Attached Identification. Another self-version isn't substituted here and the gross misunderstanding leading to suffer is clarified.

Insight Meditation centers to Wisely Reflect on the body, feelings, mind and life-actions without a self source. The subconscious streaming habitual dialogue and craving for the Five Groups of Self-Attached Identification manifested subtly and not so subtly as a self-tormenting bewilderment. The body emanated tension (face drawn, jaw clenched, shoulders hunched, stomach and pelvic pressure) and the mind flashed as disturbed.

A fallout of compromising habits and craving, acknowledge the Monkey Mind's distracted affect. Wisely Reflecting, shift away from a self-centered focus. The body relaxes through meditation and the mind follows to settle as an open-flowing proper wisdom and consciousness rather than one-sided and self inclined. Patient, compassionately directed and wisely engaged, the Middle Way's threefold appreciation of conduct-virtue, meditation-concentration and insight-wisdom is fulfilled. The Four Noble Truths liberating significance is realized. The self-charade exposed, craving (for desire, self identity or seeking to escape) is brought to cessation. Whether viewing and considering the Five Groups from within or through external sources, all arise and fade as so many conditions, actions, influences and elements. There is no unique self-source.

The Four Noble Truths are a true knowing and release: the Signless Deliverance as so many Conditions Arising without a separate or unique identification; how craving's compelling urgency links past to future suffering, the Desireless Deliverance is known; craving's compelling drive stopped, the Emptiness Deliverance is realized; and the Middle Way Path ending suffering fulfilled, the liberated Unshakeable Deliverance of Mind is known. The Supreme Noble Truth and Ultimate Reality—the Unconditioned Realm, Nirvana is known.

The Middle Way Noble Eightfold Path culminates as liberating wisdom experience: Wise Understanding for the Noble Truths' non-self significance; Wise Intention transforms desire through renunciation,

hatred through goodwill, and ill will through a deepening compassion, reining in impulsive and careless habits; Wise Speech forms thoughts into wholesome expressions; Wise Action directs actions through awareness and responsibility; Wise Livelihood as the rightful endeavor and application to ending suffering; Wise Effort stops and prevents detrimental mental states while cultivating and maintaining beneficial, insightful mental recognition; Wise Awareness clarifies life and reality as impermanent, dissatisfying and subject to suffering, and of a non-self impersonal nature; and Wise Concentration unites the whole Middle Way experience to realize self-directed sufferings end to know the Unconditioned Realm, Nirvana.

The Seven Enlightenment Aids focus the Noble Truth vision and understanding to an enlightened recognition: Awareness realizes the non-self Ultimate Truth; Investigation penetrates to know the three conditioned realms as dissatisfying and turns toward the Unconditioned; Energy as effort, dedication and renunciation directs one to deliverance; Rapture as settled through renunciation, craving is subdued; Tranquility as an abiding relief, realizes true cessation; Concentration discerning the Supreme Noble Truth, the Unconditioned Realm is realized; and Equanimity as the ultimate liberated abiding having ended self-delusion and suffering.

The ‘work’ regarding the Four Noble Truths is accomplished (self as suffering; craving as a cause of continued suffering; craving ceasing, suffering ends; and the Middle Way Noble Eightfold Path is followed to deliverance). Rightly released and fulfilled, one’s wisdom is undeniable. Residing in a personally experienced fulfillment, misunderstanding (ignorance) is clarified and enlightenment or breakthrough wisdom experience is known. Self-identity cooled, craving quenched and the associated conceit and restlessness extinguished, Nirvana as unconditioned and suffering’s end is realized.

The Mind Freed

Whether standing, walking, sitting or lying down, irregardless of the position, circumstance or situation, one is keenly aware, responsible and has control over his or her sense faculties as well as thoughts.

Released from craving's compromising domination, worldly events and pursuits appear as child's play. The karmic catastrophe and the craving leading to suffering consequences aren't engaged and are stopped. Without preference, pleasure or disdain, a simple life is followed through the basic requirements for food, clothing, shelter and medicine. Directed away from a self-construed misunderstanding, the Noble Truths and Wisdom Matrix rightly recognize life and reality as non-self. The Middle Way Path is followed to the further shore and liberating Unconditioned Realm.

Not attached to mundane experiences, a faux self-identification doesn't arise. As an Accomplished One, suffering's end is realized.

The Conditioned Realms Recognized

Sense Realm Insight

The present Sense Realm is the most tormenting and suffering of the conditioned realms. Dominated by the senses, short term physical gratification is sought, leaving one perpetually dissatisfied and perplexed.

Awareness Penetration as Insight: Initial Contact acknowledges a general self-related distress; Sustained Contact directs the mind to identify the physical and mental disturbance; Interest relaxes the present dissatisfaction and separates from the self-delusion; 'Joy' rather than reacting impulsively as a self actor, follows a Middle Way appreciation disengaged from self extremes for indulgence and hostility; and having One-Pointed Clarity is the penetrating awareness and Wise Reflection for the Four Noble Truths proper wisdom clarifying life and reality.

The Fine-Material Realm Absorption

The Fine-Material Realm is highlighted by a deepened concentration and mental stability as sense contacts and impressions are weakened and less dominating. Nevertheless the state is impermanent, dissatisfying and subject to suffering, and of a non-self impersonal

nature. A misunderstanding of life and reality, the Fine-Material Realm follows the Conditions Arising purposeful action cycle.

The Seclusion Absorption

Meditation allows for and is a 'seclusion' separating from sense distractions and disturbances related to Sense Realm activities. Acknowledge the separation and detachment from over the top self-indulged ways. Wisely Reflecting, recognize the tranquility not related to sensually charged actions. Feel the separation from the coarser Sense Realm preoccupation. Without the contributing factors, dormant, active and transgressing habits aren't engaged. Experience the Seclusion Absorption reflecting a non-self experience.

A Wisdom Matrix clarification, recognize how the Seclusion Absorption conditions are brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

The Concentration Absorption

As an awareness removed from sensual engagement, one enters the Fine-Material Concentration Absorption. The subconscious discursive monologue, persisting habitual energies and compelling intentions decline and fall mute (a 'Noble Silence'). Disengaged, feel how the impulse to act out and fulfill a self-related ideal doesn't dominate. Experience the concentration connection as the mind is composed and separates from overt Sense Realm distractions. Acknowledge the composed attention.

As a Wisdom Matrix clarification, recognize how the Concentration Absorption conditions are brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

The Equanimity Absorption

Equanimity is more than an undisturbed tranquility, but also the confidence, fulfillment, and realization that comes about from renunciation and restraint for all sensual activity. The self-directive is

weakened. The moment as centered and settled, equanimity is experienced as a tranquil awareness disengaged from Sense Realm arousal. Note how craving's compelling nature has calmed and a refined equanimity stands out. Not actively involved in craving, the Equanimity Absorption deepens.

As a Wisdom Matrix clarification, recognize how the Equanimity Absorption conditions are brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

The Detachment Absorption

Equanimity gives way to the Detachment Absorption as a 'neither-pain-nor-pleasure' abiding not associated with the sensual onslaught or an overt self-reference. With all the drama and hyperactivity connected with the Sense Realm absent, know the depths of this settled capacity and recognition. Unrestricted and not bound by sensory identification, a 'neither-pain-or-pleasure' tranquility is experienced (not dominated by sensory indulgence or dominating self-reference yet a lingering subtle conceit remains). Recognize how conditions as causes and effects are generated and uphold a self-delusion.

As a Wisdom Matrix clarification, recognize how the Detachment Absorption conditions are brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

As an Accomplished One, recognized are how habitual intentions form to then be free of all self-directed and involved attachments. Craving is subtler here in the Fine-Material Realm, but nevertheless just as damning and leads to suffering. Acknowledge how craved after instances are established and follow by self-deluded motives. The subconscious revealed (dormant, active and transgressing habitual tendencies), the Fine-Material Realm is upheld by a refined self-association. A detached and concentrated awareness, Wise Reflection as proper wisdom stands out.

Without self-indulgence or reacting to pleasurable or painful extremes, a self-image doesn't form. Feel the absence and relief as a weightless unburdening. One-Pointed Clarity as a Detached Absorption stands out. Undisturbed and without self-directive, a penetrating mindfulness stands out. As a Fine-Material Absorption, absent is all the activity and the drama connected with the Sense Realm.

Immaterial Realm Absorption

With all physical and material attachments dropped (as well as having a higher level of conduct-virtue), the psychic or mental dimensions of the Immaterial Realm are known. Highlighted by long enduring bliss (there is no body or material form here), the Immaterial Realm is nevertheless impermanent, dissatisfying and subject to suffering, and of a non-self impersonal nature. While suffering is less obvious, stress and friction in the form of conceit is subtle. A misunderstanding of life and reality, the Immaterial Realm follows a self-absorbed delusion.

Infinite Space

Removed from physical and material distractions, the Immaterial Awareness is a concentrated realization not only for how conscious experience forms but also reflects an underlying dominating self-delusion. Fabricated intentions are recognized.

As an Infinite Space absorption, acknowledge how a self-identity is engaged as a thought impression. Note how craving instances link consciousness through desire, a self-identity or seeking to escape. Self-conceit stands out around which all other thought formations revolve and gravitate towards. Allow the experience to move and fade through the Infinite Space of an unfettered mind.

A Wisdom Matrix clarification, recognize how the Infinite Space Absorption is brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

Infinite Consciousness

Focused and discerning as an Immaterial Awareness, you hover in a space of pure mind energy. Conceit is nothing more than a pin-point instance as the mind narrows around a beguiling thought impression. With intentions not forming (greed, hatred and confusion are dormant), thought impressions pass without being engaged. Note how motives pulsate without reacting to them. Follow the Immaterial Awareness absorption to an Infinite Consciousness expansion.

As a Wisdom Matrix clarification, recognize how the Infinite Consciousness Absorption is brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

‘Nothingness’ or ‘Emptiness’

Directed as a Wise Reflection, the Immaterial Awareness Absorption as ‘nothingness’ or ‘emptiness’ without self-associated attachment is experienced. In ‘nothingness’ there is no overt self-focused burden. Not craved or clung to, an ‘empty’ atmosphere is experienced (without place, time, setting or self-centered focus). No pleasure, no satisfaction, nor is ‘nothingness’ indulged in upholding a self-ideal.

As a Wisdom Matrix clarification, recognized is how the ‘nothingness’ or ‘emptiness’ Absorption is brought about, the purposeful action involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

Neither Perception nor-Non-Perception

Directed as a Wise Reflection, the Immaterial Awareness Absorption as Neither Perception nor-Non-Perception is experienced. No overt self-conceit arises to be divisive or judgmental. Focus doesn’t narrow as a self-consciousness to engage in self-promotion or craving. With no restricting self-absorption, a Neither Perception nor-Non-Perception Immaterial Awareness stands out.

As a Wisdom Matrix clarification, recognize how the Neither-Perception-nor-Non-Perception Absorption is brought about, the purposeful action

involved as well as how one is instrumental in directing awareness. Note the relief, settling, well being and fulfillment experienced.

As an Accomplished One penetrates the Four Noble Truths wisdom-recognition, the Wisdom Matrix clarification, and fulfills the Middle Way Path to enlightenment or breakthrough wisdom experience. Realized are how conditioned states play out as self-upheld instances.

The Final Body/Mind Residue

This present body/mind manifestation is the residue as consequence of self-promoted greedy, hateful and confusing actions. Handicapped by self-dominated intentions and habits as well as craving after, the Five Groups of Self-Attached Identification play out with disastrous results. Thoughts, speech and actions follow a self-compromised pattern. The Wisdom Matrix clarification reveals Conditions Arising as purposeful action.

As an Accomplished One, a liberating insight-wisdom is penetrated. Like a sun exhausted of all its energy, this last remaining body/mind residue now pales. No longer dominated by sense-contacted actions, craving subsides. Misunderstanding done away with (the drive for desire, the drive for existence, driven by misunderstanding life as self), realized is the Noble Truths Wisdom-Liberating Deliverance. Faultless, responsible and discerning, actions aren't self-serving and don't go on to produce compromising consequences.

Without the associated conditions (craving after dominating) reinforcing self, one is liberated to know the Unconditioned Realm. Self-obsession eradicated, acknowledge the Noble Truth breakthrough as an enlightened or known liberation for craving's cessation. Fulfilling the

Middle Way Path, self-promotion isn't engaged. The Conditions Arising causes and effects cycle is defunct.

The breath's quality reflects cessation's relief and the mind clears to Wise Understanding penetrates the Noble Truths—how a disguised and subtle craving dominated. Self-obsessed attachments (for the body, feelings, perception, mental reactions and conscious attention), through Stream Entry passage self-reference is eliminated at every level. Thoughts, speech and actions no longer generate suffering consequences. Actions are now defined through a proper wisdom; the essential Wisdom Matrix and non-self realized, the unessential self-deluded burden is dropped.

Settled and equanimous, focused and discerning, craving is no longer actively engaged. An abiding equanimity as relief and release, suffering's end stands out. The Noble Truths affirmed: the Unshakeable Deliverance of Mind as enlightenment or breakthrough wisdom experience is realized. Self-delusion ended, related hindrances no longer dominate. Whatever physical pain may be experienced, a self-connection doesn't arise nor is assumed. Fulfilling the Middle Way Noble Eightfold Path, freedom from self-related sorrow, lamentation, grief and despair comes to fruition.

Whatever the situation, experience or encounter one is unmoved and unaffected by worldly events and challenges. The Wisdom Matrix reveals the Conditions Arising downfall associated with misguided intentions and the disastrous fallout. Without judgment or bias, each person is responsible for their actions. Nevertheless you are patient, caring, accepting and share goodwill. Stream Entry passage culminates in the Noble Truths and Wisdom Matrix realization. You cross over to the Unconditioned Realm.

Dedicated as an Accomplished One

An Accomplished One abides in and is dedicated to renunciation, seclusion, is unafflicted, craving cut off, attachments released, and having wisdom.

Dedicated to Renunciation

Renunciation isn't a denial or escape, but a realistic view for self-expressed worldly drawbacks, dangers and compromises. The self actor fruitlessly sought definition, safety, pleasure, and tried to establish a secure foothold.

Renunciation along with restraint, sense-contacted experiences are clearly seen through the Wisdom Matrix proper wisdom for causes and effects rather than self-esteemed. Noted are how sense contacted action and experiences arise (eyes/forms, ears/sounds, tongue/taste, nose/smell, skin/touch and mind/thoughts) and cease.

Renunciation and restraint applied, craving's cessation as delight and to seek out pleasure comes from releasing the desire and greed associated with self-identification. The suffering fallout doesn't play out. As an Accomplished One, discerned is the true nature of life and reality as purposeful action, going on to do away with desire, hatred as well as confusion.

The emperor without clothes exposed, the self-deluded charade is dropped. There is nothing worthy or satisfying relating to the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention). An Accomplished One renounces all sentimental fondness for worldly pursuits and distinguishes how craving links past, present and future episodes. Distinguished is the role intention plays in directing life. Following the Middle Way Wise Intention, renunciation counters greed and desire, goodwill counters hatred, and compassion counters ill will. Wise Effort promotes beneficial insightful mental states while Wise Awareness and Wise Concentration lead to the final wisdom breakthrough. Penetrated

is craving's cessation going on to eradicate the gross misunderstanding for a self-identity.

Settled and equanimous, focused and discerning, centered on the breath's quality, Wise Reflection intensifies. Note the 'cooling' down from sense-contacted impressions and how the habitual self runaround stops. Dormant, active and transgressing habits cutoff, conceit and the accompanying restlessness are muted then all together eradicated by a penetrating wisdom. Craving as delight and pleasure ceases. A Middle Way appreciation, discerned is the divisiveness caused by the self extremes of indulgence and hostility. Centered on the breath's quality, the subconsciously compelling karmic monologue and inspired intentions are all together silenced.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body, feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craved after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Dedicated to Seclusion

Worldly events spin on in their self-inspired ways but you have stepped away from the dizzying runaround. The Middle Way Path detaches

from the extremes of indulgence and gratification and hostility and aggression, and follows an intuitive Wise Reflection and evolving wisdom. With casual association put aside, one resides as an Accomplished One who is at peace, having ended self-engaged activities. Seclusion isn't an escape but joins with equanimity to a liberated and fulfilled abiding. The Wisdom Matrix clarification for Conditions Arising causes and effects understood, you are relieved, steadfast and unperturbed. The Middle Way Path is fulfilled as the action to end all self-promoted actions. Not involved in mundane pursuits, one nevertheless has compassion and cares without reserve or distinction.

Settled and equanimous, focused and discerning, centered on the breath's quality Wise Reflection intensifies. Separated from worldly affairs, acknowledge the equanimity associated with seclusion. Sense the tranquility as well as keen recognition for life and reality without self-obsession. No longer physically charged or mentally disturbed, sensory impulses aren't a distraction as you abide in relinquishment and the well-being from releasing self-addiction. Acknowledge the clarification and relief from penetrating the Four Noble Truths vision and understanding for self-delusion and craving's compelling role. Breath calm and attention settled, awareness as an enlightened true knowing is profound. Through seclusion one connects with the suffering free Ultimate Reality.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body, feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an

Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craving after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Dedicated to the Unafflicted

Harming, cruel, hateful and oppressing—self is a suffering. The Five Groups of Self-Attached Identification are a deception, an exaggeration and gross misunderstanding of life and reality. An out of control and over-indulged one-sided imagination gives way to a false sense of self-importance. With the Noble Truths and Wisdom Matrix affirmed, one is unburdened and unafflicted by a self-charged complexity.

Acknowledge how harmful intentions kept one on edge and gave way to aggressive and combative reactions. The mind flitted about without proper awareness. Recognized are the obvious signs of racing heart, facial tension, dry lips, twitching muscles and abdominal pressure, while hands fidget or close into fists and feet tap nervously. Wisely Reflecting, stress is dispersed through a Middle Way appreciation. Following Wise Intention, connect with the subconscious mental dialogue to positively deal with challenging situations. A Noble Truth discernment, note how harmful intentions no longer arise.

Compassion is often taken to be a weakness. But to the contrary, compassion is nurturing, healing and brings rightful closure to difficult and challenging experiences. Everyone is treated the same without judgment or preference and naturally inclines to an intuitive discernment. Harming is detrimental and self-engaged while compassion is open, accepting, caring, responsible and even tempered.

As a Middle Way appreciation, Wise Intention gives way to compassion rather than ill will and harming.

Self-intentions swirl around, flash and whisper softly, seeking an outlet. Harming is a suffocating reaction affecting one physically and is painfully stressful. Breath labored, blood pressure rises and adrenaline increases. Slowly relax. Note how everyday distractions and impulsive habits dominate. Following the breath's quality along with the mind settling, relief is felt as the need to harm disperses and passes. The Middle Way Path is engaged, applied and fulfilled.

Settled as a concentrated awareness, thoughts are controlled and in turn intentions and actions are beneficially directed. Motives are inspired by compassion. A directed awareness, compassion is an intelligent way to deal simply, honestly, and openly. Through Wise Intention recognize the subconscious mental dialogue and Wise Effort is followed.

No longer overcome by selfish demands and careless pursuits, penetrated is the liberated well being, equanimity and fulfillment from self-delusion. The Noble Truths wisely engaged, craving is cutoff and affliction isn't manifested. The Unshakeable Deliverance of Mind is realized. With self-obsessed interest ended, you abide unafflicted.

Settled and equanimous, focused and discerning, centered on the breath's quality Wise Reflection intensifies. Acknowledge the well being as unafflicted (specifically not fearful, threatened or overwhelmed by self-related concerns). Through the wisdom breakthrough of an Accomplished One, discerned are the drawbacks and consequences to both detrimental and beneficial actions upholding a self-related ideal. Known is what it is NOT to suffer and the underlying self-promoting conditions and actions. The Noble Truths liberating wisdom stands out. The Wise Intention to not harm and relate compassionately joins with the Wise Effort to eradicate self-promoting actions. No longer afflicted

as a self actor, one is untroubled, uncompromised and has complete wisdom recognition.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body, feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craved after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Dedicated to Craving's End

Penetrating the Noble Truths profound wisdom, craving's compelling urgency is brought to an end (for desire, self-identity, or seeking to escape). A Wisdom Matrix clarification, the Conditions Arising causes and effects suffering cycle is stopped. Self-identification as well as subconscious compromising habits are eradicated. The self-monologue falls mute and one-sided expressions aren't engaged. Acknowledge the relief, release and fulfillment. Equanimity stands out. Rightly seeing life and reality as action based (multiple actions give the illusion of the 'one' or self), the Noble Truths liberating wisdom is penetrated and the gross misunderstanding for self is done away with. The Middle Way Path fulfilled, craving is eradicated and self-promoted suffering ends.

Settled and equanimous, focused and discerning, centered on the breath's quality Wise Reflection intensifies. Acknowledge the fulfillment and well being that is craving's cessation. Follow the release from craving's habit-driven urgency. The Third Noble Truth Emptiness Deliverance as cessation is realized. With craving stopped, acknowledge how self-attachment ceases and a wisdom-recognition stands out. Physically settled and mentally insightful, karmic actions are cut off through the Noble Truths' wisdom-recognition breakthrough to never arise again. Craving after as delight and pleasure ended, the wisdom of enlightenment or the breakthrough wisdom experience stands out. The actions of an Accomplished One aren't self-inspired and don't generate or give way to suffering consequences. Misunderstanding clarified, the Fourth Noble Truth Unshakeable Deliverance of Mind Wisdom-Liberating Deliverance is realized.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body, feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craved after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Dedicated to Attachments Released

The body/mind association for the Five Groups of Self-Attached Identification is impermanent, dissatisfying and subject to suffering, and of a non-self impersonal nature. The body is like foam, feelings are like bubbles, perception is like a mirage, mental reactions are like a plantain tree without true hardcore, and conscious attention is like a magic show. Self-construed attachments along with accompanying habits are craved after and generate suffering consequences. The body weakens; feelings are pleasant, painful and neutral; perception is an off-base identification and bias; mental reactions reflect a self-obsessed personal history; and conscious attention mistakes life in general as self-defined—all arise and fade and are of a non-self nature. The Noble Truths wisdom-recognition clarifies life and reality.

Through Stream Entry passage, exorcised are the last remaining habit fetters. Penetrating the Four Noble Truths and Wisdom Matrix, misunderstanding or ignorance is lifted. Acknowledge the relief, release, and fulfillment that is craving's cessation culminating in liberation. Noble, perfect and wise as an Accomplished One, the Four Noble Truths are penetrated and the Middle Way Noble Eightfold Path fulfilled as deliverance. Released from the Five Groups of Self-Attached Identification, there is peace as a liberated equanimity stands out.

Settled and equanimous, focused and discerning, centered on the breath's quality Wise Reflection intensifies. Recognized is how a self-fantasy has played out. Strained facial muscles, eye strain, jaw clenched, as well as abdominal and pelvic pressures, thought impressions narrowed to plot a self-serving course of action. With habitual fetters eradicated, one turns away from self-promotion to know cessation. Craving's urgency has been cut off. Released from the self charade, the Noble Truth wisdom-recognition and Wisdom Matrix clarification are affirmed and Wisdom-Liberating Deliverance is fulfilled; from self-attachment to the Ultimate Reality, Nirvana.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body,

feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craved after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Dedicated to Penetrating Wisdom

The Noble Truths realization is an active wisdom experience penetrating the true nature of life and reality. Discerned is the self-obsessed misunderstanding. Realized is how self-directed actions lead to a suffering fallout as well as how other people are brought to their downfall. The only way to freedom is through the Four Noble Truths distinguishing wisdom as exercised, applied and fulfilled through the Middle Way Noble Eightfold Path.

The Four Noble Truths are all encompassing and beyond the conventions of time, culture, history and one-sided self-limitations. Practical, accessible and personally penetrated, the Truths are the diagnosis and cure for self-delusion. The Wisdom Matrix proper recognition for causes and effects (multiple actions giving the illusion of the 'one' or self) is penetrated. Acknowledge the relief, release, liberation and peace as equanimity having fulfilled the Noble Truth Wisdom-Liberating Deliverance.

Settled and equanimous, focused and discerning, centered on the breath's quality Wise Reflection intensifies. Wise Understanding discerns the Five Groups of Self-Attached Identified illusion so desperately clung to. Life and reality are recognized as impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. The Fourth Noble Truth (the Middle Way Path fulfilled) brings one to discern the Unshakeable Deliverance of Mind. Misunderstanding or ignorance is wisely clarified. Dedicated and diligent, an Accomplished One has realized the Supreme Noble Truth—Nirvana as liberating cessation from self-reference and self-promotion to suffering's end.

The Four Noble Truths are a profound wisdom realization: the First Truth rightly clarifies self as an illusion and is a non-self Signless Deliverance; the Second Truth highlights craving's role leading to continued suffering as a Desireless Deliverance; the Third Truth recognizes craving's cessation as an Emptiness Deliverance and suffering's end; and the Fourth Truth rights misunderstanding or ignorance through the Middle Way Noble Eightfold Path fulfillment to realize the Unshakeable Deliverance of Mind.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body, feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craved after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

The Conceit ‘I Am’ Eradicated

The Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions, and conscious attention) have no unique or individual self-characteristic. Conceit forms around a mistaken self-view and limited awareness. The Noble Truths wisdom-recognition and the Wisdom Matrix clarification for life and reality are penetrated. Deep seated self-attachments victimize and keep one from knowing the Ultimate Reality and suffering's end.

The preoccupation, the unsettling, the fondness, the worry, the needing, the attachment, all swirl around a self-obsessed identity. As long as conceit remains, the impermanent is mistaken as permanent, what is suffering seems satisfying, and what is non-self is taken to be self. Directed and strengthened by the Middle Way Wise Understanding along with Wise Effort, Wise Awareness and Wise Concentration, an Accomplished One penetrates the careless actions relating to conceit. The overt habits of desire and hatred along with craving after are eradicated and confusion or misunderstanding opens to enlightenment or a breakthrough wisdom experience.

Settled and equanimous, focused and discerning, the Wisdom Matrix clarification for Conditions Arising causes and effects as purposeful action is discerned; how an off base conceit developed from misunderstanding life and reality. Acknowledge the stress as well as ‘inflation’ as self-centered conceit went on to occupy space and create the illusion of time (rather than recognizing action-based causes and effects). Craving after as delight and pleasure went on to carry over as compromising intentions joining in self-charged actions. Similar to a bell reverberating and echoing after it is rung, a restless after shock plays out.

Insight Meditation as settling directs on to an intuitive realization—the craving after and attachment to the Five Groups of Self-Attached Identification is dropped. A deep sighed relief, the Conditions Arising

causes and effects buildup and the self-centered misunderstanding is done away with. The Noble Truth recognition and the Wisdom Matrix clarification as enlightenment or breakthrough wisdom experience penetrate the Ultimate Reality.

The Noble Truths wisdom-recognition unifies in intensity and refined insight through the Seven Enlightenment Aids: Awareness for the body, feelings, mind and life-actions as having no true self-nature; Investigation as properly directed wisdom realizes the Wisdom Matrix Conditions Arising causes and effects cycle; Effort is applied to stop self-serving ways; Rapture is known as a relief from self-pursued craving; Tranquility arises as detachment to drop self-promoted craving; Concentration focuses the Middle Way Path to the Supreme Noble Truth eradicating the misunderstanding or ignorance associated with self to know suffering's end and realize the Unconditioned Realm breakthrough; and Equanimity as the liberated abiding of an Accomplished One having ended all self-obsession. The Middle Way Path is fulfilled as deliverance from the craved after self-promotion for the Five Groups of Self-Attached Identification. The Ultimate Reality is penetrated—Nirvana as Unconditioned, without self-fabrication and suffering's end.

Wisdom-Liberating Deliverance

Established in the Middle Way conduct-virtue, meditation-concentration and insight-wisdom, Stream Entry passage to enlightenment or breakthrough wisdom experience is fulfilled.

This body/mind manifestation is the last. Physical pain may be experienced, but the mind and concentration are grounded in the Four Noble Truths' Wise Understanding. Self-deluded ignorance as well as the Wisdom Matrix clarification for Conditions Arising causes and effects are penetrated.

Focused, insightful as well as detached from worldly distractions, awareness as a one-pointed concentration is prominent. Wisely Reflecting, the eminent qualities associated with liberation stand out:

- Conditioned actions as impermanent (multiple actions give the illusion of the 'one' or self).
- Craving's cessation (for desire, self-identification or seeking to escape) is realized.
- A Wisdom Matrix clarification, the Conditions Arising cycle as purposeful action is discerned (causes and effects as a purposeful action).
- Desire and hatred ended (dispassion, release and equanimity realized), one isn't attached to anything nor stirred by any conditioned experience.
- Conscious, aware and equanimous, self-promoted habits aren't taken up and fall mute.
- Penetrating cessation (self-related compromising actions are cutoff and craving eradicated), to the Unshakeable Deliverance of Mind is known. The Unconditioned Realm, Nirvana is realized.

Turning away from a self-centered obsession to the Supreme Noble Truth Wisdom-Liberating Deliverance, the Ultimate Reality as unconditioned and unfabricated is realized.

The self charade is exposed—no real, unique, separate or individual self exists. Detached from worldly involvements, renunciation and restraint for sense-contacts is followed. Renunciation, goodwill, and compassion as Wise Intention, Wise Effort is engaged. Transforming a hard-edged, self-obsessed personality, equanimity is known. The Seven Enlightenment Aids focus to realize the Noble Truths Wisdom-Liberating Deliverance. Noble, perfect and wise, as an Accomplished One you penetrate the Ultimate Reality; Nirvana as liberating cessation from self-reference and self-promotion, suffering ends.

The 37 Insights

A personally penetrated intuitive experience, the Four Noble Truths profound recognition encompasses 37 insights relating to the Middle Way Noble Eightfold Path deliverance.

The Fourfold Awareness Recognition: body, feelings, mind and life-actions reveal life and reality as impermanent, dissatisfying and subject to suffering, and of a non-self impersonal nature but are underscored by Conditions Arising purposeful action.

The Four Wise Efforts: the effort to abandon detrimental mental states; the effort to prevent detrimental mental states; the effort to arouse beneficial mental states; the effort to maintain beneficial mental states, all directed to ending craving and the self-deluded suffering plagued fallout.

The Four Base Powers: energy, persistence, intention, and investigation aid in regulating and directing effort.

The Five Faculties: conviction, energy, awareness, concentration, and wisdom cultivate and support the Wise Reflection directing you to enlightenment or breakthrough wisdom experience.

The Five Strengths: conviction, energy, awareness, concentration, and wisdom mature in the realization of the Ultimate Reality.

The Seven Enlightenment Aids: Awareness, Investigation, Energy, Rapture, Tranquility, Concentration and Equanimity unify and focus to discern the Four Noble Truths Wisdom-Liberating Deliverance (self as suffering; craving as delight and pleasure carrying over to compromising consequences; craving's cessation; and the Middle Way Noble Eightfold Path as deliverance).

The Middle Way Noble Eightfold Path: Wise Understanding, Wise Intention, Wise Speech, Wise Action, Wise Livelihood, Wise Effort, Wise Awareness, and Wise Concentration are fulfilled as Stream Entry passage experience directed as Wisdom-Liberating Deliverance to ending self-delusion and to breakthrough to Nirvana, the Unconditioned Realm.

An Accomplished One you are no longer victim to worldly passions, have control over the mind, while through seclusion, dispassion and relinquishment, abide in equanimity no longer a victim brought to suffering by self-delusion. Misunderstanding clarified, the Supreme

Noble Truth that is the Unconditioned Realm is penetrated; Nirvana as liberating cessation from self-reference and self-promotion, suffering ends.

The Unconditioned Realm, Nirvana

Nirvana is the Ultimate Reality, the Unconditioned Realm, the Supreme Noble Truth wisdom-liberation from the threefold misunderstanding or ignorance: the drive for desire, the drive for existence, driven by mistaking life as self. There are the three Conditioned Realms—the Sense Realm (dominated by the senses and physical contact), the Fine-Material Realm (weakening of sensory activity along with maturing concentration and insight), the Immaterial Realm (pure psychic or mental potential). All three realms are affected and dominated by impermanence, the purposeful action cycle, and are absorbed in a misconstrued self-reference. The self-associated masquerade involved within each Conditioned Realm thrives through craving and leads to suffering.

Insight Meditation as a practically and personally directed awareness, the Four Noble Truths as wisdom-recognition (fulfilling the Middle Way Path) and the Wisdom Matrix clarification for Conditions Arising, penetrated is the true nature of life as non-self. The liberated reality that is the Unconditioned Realm is penetrated. Nirvana is without causes and effects nor is it undermined by self-conception. The Middle Way Noble Eightfold Path fulfillment is like the crescendo climax of two cymbals—the action to end all self-related action as a wisdom epiphany.

As an Accomplished One (Arahat), having fulfilled the Middle Way Path to wisdom and liberation, you penetrate the self-ruse to realize the Unconditioned Realm—without craving, attachment, becoming, birth, aging, death, rebirth or suffering (“There is that dimension where there is neither earth, nor water, nor fire, nor wind; neither dimension of the infinitude of space, nor dimension of the infinitude of consciousness, nor dimension of nothingness, nor dimension of neither perception nor non-perception; neither this world, nor the next world, nor sun, nor moon...there is neither coming, nor going, nor stasis; neither passing away nor arising: without stance, without foundation, without support. This, just this, is the end of suffering.” UD 8.1 and “There is an unborn—unbecome—unmade—unfabricated. If there were not that

unborn—unbecome—unmade—unfabricated, there would not be the case that emancipation from the born—become—made—fabricated would be discerned. But precisely because there is an unborn—unbecome—unmade—unfabricated, emancipation from the born—become—made—fabricated is discerned.” UD 3).

Incomprehensible through a self-confused body/mind attached identification, Nirvana is without measure, timeless, can't be theorized or conceptualized, nor is it defined through a self context or concept. A peace and fulfillment beyond description, Nirvana is realized as self-construed blinders are pulled away. The conditioned, self-promoted craved after states of the Sense, Fine-Material and Immaterial Realms aren't pursued, desired, clung to or fulfilling. As an Accomplished One noble, perfect and wise, consummate in conduct-virtue, meditation-concentration and insight-wisdom, misunderstanding is clarified and the Unshakeable Deliverance of Mind to Wisdom-Liberating Deliverance is known.

Penetrated by bringing self-focused on hindrances to cessation, Nirvana as the Ultimate Reality isn't another self-disguise to adhere to, but an illumination, unburdening and emancipation—a dropping and doing away with all the self-burdened considerations and notions. Think of it as getting a divorce. The final judgment is passed, achieved and handed down; from self-obsessed to an Accomplished One. With no self-vestige remaining, one no longer is infatuated or inclined to pursue, be attached and promote a self-identity. Now seeming amusing, all self antics are like a child giving up his or her toys, infantile amusements, and immature behavior. You abide in the profound fulfillment that is equanimity as cessation and liberation. Like stepping through a mirror, the self actor reflection no longer shines. Closer to a nightmare, all along what was taken to be meaningful and real was, in fact, a hindrance, distraction and an illusion.

Freed from the self-absorbed burden or gravity, you are liberated and never again to give in or be a victim to desire, anger, confusion or craving (desire, self-identification or wanting to escape). Nirvana is the total release and unbinding from one-sided, self-promoted attachments

and views. As an Accomplished One, the Noble Truth wisdom-recognition and the Wisdom Matrix clarification are fathomed, and the Middle Way Path is fulfilled through the fourfold Stream Entry passage.

The Four Noble Truths affirmed, the Unshakeable Deliverance of Mind realizes the Unconditioned Realm. This present body/mind manifestation coming from self-inspired actions, this present residue runs its course to not be born and suffer again. Misunderstood blinders pulled away (the drive for desire, the drive for existence, driven by mistaking life as self), self-identity is eradicated, craving quenched, and associated conceit is extinguished.

Being undefined and not connected to any of the Conditioned Realms, the Conditions Arising causes and effects suffering cycle is stopped. Nirvana is related to through a series of metaphors, synonyms and analogies.

“...I will teach you the Taintless and the path leading to the Taintless...I will teach you the Truth and the path leading to the Truth...I will teach you the Far Shore...the Subtle...the Very Difficult to see...the Unaging...the Stable...the Undisintegrating...the Unmanifest...the Unproliferated...the Peaceful...the Deathless...the Sublime...the Auspicious...the Secure...the Destruction of Craving...the Wonderful...the Amazing...the Unailing...the Unailing State...Nirvana...the Unafflicted...Dispassion...Purity...Freedom...the Unadhesive...the Island...the Shelter...the Asylum...the Refuge.” SN 43, 14 (3).

‘The Taintless...’

Life is undermined by a threefold self-perception or misunderstanding of reality—the drive for desire, the drive for existence, driven by mistaking life as self. This delusion or ‘taint’ keeps one at odds as a self actor to only know and play out as suffering. Sand castle-like, all self-related plans and schemes wash away and end fruitlessly. The culmination of the Middle Way Path (the Middle Way followed as the action to end all

self-related actions) through Stream Entry passage brings one to a 'taintless' wisdom-recognition and liberation from suffering.

Acknowledge misunderstanding's profound delusion as self-blinders obscure reality. Through Wise Reflection and personal experience, penetrated is the one-sided self-consumed illusion at the heart of all three Conditioned Realms. The Wisdom Matrix for Conditions Arising causes and effects cycle is clarified—from misunderstanding or ignorance self-directed thoughts form, a present misconstrued self-consciousness arises, a body/mind identification takes place, sense contacts thrive, sense impressions are experienced, feelings engaged, craving arises, attachment follows, a commitment to act takes place, and actions are expressed leading to suffering consequences. Directed by the Noble Truth recognition as a Signless (non-self) recognition and realizing the Wisdom Matrix for purposeful action, self-obsession falls mute. Earnestly applied, the Middle Way Path climaxes in liberation.

The breath as heavy, pressured and intense, the self-tainted burden takes a toll as physical strain and mental instability. Self role playing follows. Now the Noble Eightfold Path experience unifies as a proper wisdom to penetrate the Noble Truth Wisdom-Liberating Deliverance and the Wisdom Matrix clarification leading to the Unshakeable Deliverance of Mind. As the self-obsessed perception and attachments fall away, note how wisdom arises. With craving after ceasing, self-deception is eradicated. Self-inspired suffering ended, realized is the Supreme Noble Truth and the Ultimate Reality as suffering ends. As an Accomplished One, the threefold misunderstanding is eradicated (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Truth...’

Nirvana is penetrated as an affirmation of the Four Noble Truths. Through the Wisdom Matrix understanding, the Noble Truth wisdom foundation directs one to penetrate the true nature of life and reality as non-self or as Conditions Arising causes and effects. The Middle Way fulfilled, the release from self-domination to the Unconditioned Realm is experienced.

The body/mind attachment for the Five Groupings (body, feelings, perception, mental reactions and conscious attention), Humpty-Dumpty isn't put back together only fall over and suffer anew. The culmination of the Middle Way Path through Stream Entry passage brings one to the liberating 'Truth' culminating in suffering's end.

The Four Noble Truths convey both the realization for what is suffering (self-craving) as well as the wisdom-recognition to the Supreme Noble Truth, Nirvana. Not accessed as an intellectual understanding or farfetched notion, but through a Middle Way appreciation not related to indulging or hostile extremes. As subconscious self-inspired intentions fall away equanimity and release is known. Worldly conditioned pursuits no longer enticing, the Unconditioned Realm without self-definition is realized. Turned away from is the fiction that is self and the Sense Realm provocation to know the Supreme Noble Truth; from misunderstanding and ignorance to liberating recognition and the Unshakeable Deliverance of Mind. Note the abiding and equanimous fulfillment as release from self-delusion. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Far Shore...’

Distracted and deceived, this Sense Realm experience mistakes the impermanent as permanent, the dissatisfying as satisfying, and the non-self as self (what is non-essential as essential). The Middle Way Noble Eightfold Path (conduct-virtue, meditation-concentration and insight-wisdom) is utilized like a raft to traverse worldly pursuits. Life, birth,

death and suffering aren't a true reflection of reality. The Unconditioned Realm or Nirvana isn't connected to a self-promoted deception. The culmination of the Middle Way Path through Stream Entry passage brings one to 'the Far Shore.'

Craving after as delight and pleasure (for desire, self-identity or to escape), self-consumed habits are released and misunderstanding clarified. Acknowledge the non-self emptiness (Signless Deliverance) as relief and breakthrough to freedom. No longer tied to worldly pursuits, Sense Realm attachments and a body/mind identification, the 'Far Shore' liberation to Nirvana is known. All levels and degrees of self-promoted actions cease. The Ultimate Reality as unconditioned is distinguished. Acknowledge the abiding in equanimity from having fulfilled the Middle Way Path. A journey as discovery, maturing realization and transformation, without desire, becoming, birth and death, craving after and suffering, you cross over to the Far Shore. Conceit and restlessness eradicated along with misunderstanding clarified, self-deception ceases. The Middle Way Path and Stream Entry Passage serve their liberating purpose—to cross over to the Far Shore. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Subtle...'

Spellbound as an out-of-control, raging self actor and seeking continuous fulfillment, taken for granted and ignored is the true nature of life and reality as Conditions Arising purposeful action. The Five Remembrances of sickness, aging, death, loss and responsible action aid in your recognition. Settling down, realized is the Noble Truth clarifying non-self insight. The Middle Way threefold Path of conduct-virtue, meditation-concentration and insight-wisdom is fulfilled. Misunderstanding transformed to wisdom, penetrated is craving's cessation and suffering's end. The culmination of the Middle Way Path through Stream Entry passage reveals 'the Subtle.'

Following Insight Meditation and applying the Wisdom Matrix recognition, Wisely Reflected on is the subtle nature of life and reality—impermanent, dissatisfying and subject to suffering, and of a non-self nature underscored by purposeful action. Likened to a medical diagnosis rightly defining the malady and the cure, the Four Noble Truths vision and understanding is practical, accessible and the only salvation for ending suffering. What stands out is that self and suffering are synonymous. Realizing the self-attached charade, the Four Noble Truths reveal paradoxically how problems and suffering actually hold the answer. Your Noble Truth realization exposes the emperor without clothes self-hoax and the underlying non-self reality. Renouncing and going on to restrain sense experiences, greed, hatred and, finally, confusion are completely eradicated. Penetrating the subtle wisdom, dropped is the gross body/mind obsession for the Five Groups of Self-Attached Identification. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Very Difficult to See...’

The Wisdom Matrix clarification reveals life and reality as connected, overlapping actions along with the Noble Truth wisdom-recognition needed to ending suffering. Making life all the more challenging and difficult, a self-fantasy divides experiences into subject/object, you and other. A misunderstanding or ignorance, not realized are the contributing Conditions Arising factors as purposeful action. A careless, self-notion and gross habits dominate.

A false sense of security and attempted control to deal with the constantly changing world, the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention) are an illusion, a craving after and attachment. The culmination of the Middle Way Path through Stream Entry passage brings one to realize ‘the Very Difficult to See.’

Penetrating below the level of subconscious driven habits is life’s true nature as non-self and Conditions Arising actions. The Noble Truths

wisdom reveal life and reality. Self-consumed habits eradicated, craving after is brought to cessation. What had been an out of control and seemingly impossible to cope with life, the Four Noble Truths and the Middle Way Path culminate as Wisdom-Liberating Deliverance. Now penetrating the self-hoax and craving's role linking past to future actions, a wisdom-recognition comes to fruition. Realized is the Unconditioned Realm. The Middle Way Path as Stream Entry passage brings one to penetrate 'the very difficult to see.' As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Unaging...'

The Ultimate Reality, Nirvana is unconditioned, deathless and unaging. Only an erroneous self-defined notion is born, ages, dies and suffers. Beyond the scope of the Conditions Arising cycle, Nirvana isn't fabricated, is beyond time, definition and self-reference, nor is Nirvana tied to craving after, and associated causes and effects. The culmination of the Middle Way Path through Stream Entry passage opens to 'the Unaging.'

Conditions Arising plays out: misunderstanding leads to mental formations, a body/mind identification, consciousness, sense contacts, sense impressions, feelings, craving after, attachment, commitment, and on to life and death suffering. Self-willed actions perpetuate an unending 'birth and aging.' Acknowledge the relief and release from self-deceived misunderstanding. A fulfilled equanimity, one no longer generates self-promoting instances or suffers craving's backlash. The Noble Truth Wisdom-recognition penetrates 'the Unaging;' an unconditional peace as freedom from life and death suffering incurred actions. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Stable...'

Unchanging and not formed by or relating to self-consumed intentions, the culmination of a matured and personally engaged wisdom is liberation—the clarification for the Five Groups of Self-Attached Identification ignorance and the associated craving. The Conditioned Realms arise and fade in an unstable, self-absorbed environment, but only the Unconditioned Realm is stable, secure and unchanging. The Noble Truths wisdom-recognition discerned, removed from self-deluded promotion, Nirvana is an undefined and steady-state. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Stable.’

Focused through by the Middle Way Wise Concentration, self-related causes and effects are penetrated. Acknowledge the detachment and equanimity from Sense Realm related attachment. With self-obsessed craving eradicated, equanimity is a true stability. Having fulfilled the Middle Way Noble Eightfold Path as Stream Entry passage to freedom, self-related confusion is dropped. As conceit and restlessness abate, wisdom-liberation is known. Penetrated and realized is ‘the Stable.’ As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Undisintegrating...’

Not part of the self-willed purposeful action Conditioned Realms, the Unconditioned Realm (Nirvana) isn’t defined nor is prone to disintegration or suffering. The self actor struggles to maintain and uphold the Five Groups of Self-Attached Identification (body, feelings, perception, mental reactions and conscious attention). Arising, passing and fading, beyond the self-promoted buildup and craving after, Nirvana isn’t self-defined. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Undisintegrating.’

Seen through proper wisdom, the ongoing Sense Realm tug-of-war turmoil is realized. In a state of constant flux, craving after and conceit absorbed along with ignorance, is a charged restlessness to fulfill a self-ideal. Now Wisely Reflecting, the Four Noble Truths wisdom-

recognition is realized. The Wisdom Matrix as clarification, penetrated is the causes and effects purposeful action cycle and 'the undisintegrated' known. The Unconditioned Realm removed from the Conditions Arising cycle stands out. Misunderstanding transformed, Wisdom-Liberating Deliverance is penetrated. Not formed, undefined and unconditioned, Nirvana is an unaffected state. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Unmanifest...'

This sense-dominated and craved after world is highlighted by a body/mind delusion. The fantasy is dissatisfying and climaxes in suffering. Nirvana is without conditioned manifestation and suffering-free. Wisely Reflected as a Noble Truth wisdom-recognition, one isn't taken in by self extremes for indulgence or hostility. Without self-reference, promotion or definition, the Middle Way Path is fulfilled and the Unconditioned Realm penetrated. Beyond convoluted worldly pursuits and one-sided self-construed short comings, the essential is realized and the Ultimate Reality as 'Unmanifest' is known. The culmination of the Middle Way Path through Stream Entry passage brings one to 'the Unmanifest.'

Without self-directed intentions, craving ceasing, and conceit and restlessness ended, the Noble Truth wisdom-recognition penetrates 'the unmanifest.' Turning away from self-promotion or manifest intentions and actions, craving's end opens to the Unmanifest. Acknowledge the wisdom-recognition discerning the Unconditioned State and suffering's end. Habitual actions are eradicated and craving after is brought to cessation. Beyond body/mind identified limitations, the Unmanifest is revealed. Where conscious identification has no foothold, a sighed relief is experienced as the last attached self-fixated breath expires and release known. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Unproliferated...'

The building blocks are ignorance mistaking life as self and in turn a craving after results in suffering. Without the associated conditions, actions, influences and elements, self doesn't form nor is clung to. Lost in self-obsessed confusion, whatever is focused on, attended to, cognized and defined, this is what one becomes. The culmination of the Middle Way Path through Stream Entry passage brings one to 'the Unproliferated.'

Experienced through a Middle Way appreciation, the Noble Truths reveal the 'Unproliferated.' With craving ceasing, self-promoted actions don't go on to 'proliferate.' Misunderstanding clarified, ignorance disperses. Self-related domination is turned away from and one-sided views are dropped. The threefold Middle Way deliverance doesn't take part in the Conditions Arising cycle or generate future consequences. Without self-reference or seeking an outlet of expression, not needing or desiring, 'the Unproliferated' stands out. Undeveloped, unproduced and not following on self-promotion, the Noble Truths wisdom-recognition culminates as a breakthrough to the 'Unproliferated.' A Wisdom Matrix clarification outside the confines of conditioned causes and effects purposeful action, acknowledge the separation from Sense Realm craved after pursuits. With the mind cleared and focused through Wise Concentration as a Noble Truth affirmation, 'the Unproliferated' is realized. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Peaceful...'

Not connected to worldly pursuits or expectations, the self-bubble no longer inflates. Rightly seeing life's complexity, Monkey Mind restlessness subdued, desire, hatred and confusion are eradicated, craving's drive is brought to cessation. The vexing, self-identification is no more (I am...I am this...I shall be...I shall not be...I shall be possessed of form...I shall not be possessed of form...I shall be percipient...I shall not be percipient). The conventional notion of time, place, and for life as self-related is penetrated through a proper wisdom—the Wisdom Matrix for Conditions Arising causes and effects (how multiple actions join to give the illusion of the 'one' or self). The

Noble Truth realization penetrates the Ultimate Reality. Ending the body/mind self-identification; desire, hatred and confusion done away with; craving after brought to cessation, there is no becoming or suffering and a peacefulness stands out.

Without self-related aging or death, one doesn't suffer. Not suffering, one isn't perplexed. Not being perplexed, one has no longing and self-promotion doesn't arise. Without a self-obsessed, true wisdom is discerned and liberation known. As a distinguishing insight, the Four Noble Truths are realized: the First Truth as Signless Deliverance for the Five Groups of Self-Attached Identification; the Second Noble Truth as Desireless Deliverance is craving's role in self-inspired suffering; the Third Truth as Emptiness Deliverance for craving's cessation; the Fourth Truth as clarification and fulfilling of the Middle Way Path culminating in the Unshakeable Deliverance of Mind. The Middle Way Path through Stream Entry passage brings one to 'the Peaceful.' As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Deathless...'

The complete cessation to the 'Deathless' is challenging because one is used to of the high-powered self actor dilemma. The Noble Truths are a personal recognition, penetrating the 'deathless' deliverance as self-associated suffering ends.

Only the self actor goes through a mock life and death suffering. Craving after ceasing, self-attachments are severed. Not seeking or born out, the Five Groups of Self-Attached Identification aren't taken up. The culmination of the Middle Way Path through Stream Entry passage brings one to 'the Deathless.'

Self had been a craving after tied to a self-charade. Now Wisely Reflecting, follow the Noble Truth recognition and the Wisdom Matrix clarification to know 'the Deathless.' With craving ceasing and the self-delusion eradicated, the wisdom-recognition for the unborn, unfabricated and 'Deathless' State is known. Self-promoted craving

ending acknowledge relief, tranquility and equanimity. The Noble Truth wisdom-recognition penetrated, you are liberated from the Five Groups of Self-Attached Identification misunderstanding. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Sublime...’

Only through the Four Noble Truths wisdom-recognition, the Wisdom Matrix clarification, and the Middle Way Path fulfillment is the ‘sublime’ liberation for craving’s cessation and suffering’s end known. Noble and ennobling, inspiring and uplifting, magnificent and auspicious, the Conditions Arising suffering cycle is overcome—the Unconditioned Realm as sublime.

The Four Noble Truths reveal the Five Groups of Self-Attached Identification as insubstantial or non-self. Craving as self-justified delight and pleasure ceases and suffering ends. The supreme realization as release from compromising self-delusion experienced. The Four Noble Truths wisdom-recognition is immaculate and the Unconditioned Realm is ‘sublime.’ Dropping Sense Realm pursuits, passions and promotion, the liberating experience of Nirvana is realized. Self-defilements (desire, hatred and confusion) as well as ignorance lifted, the Sublime State is penetrated. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Auspicious...’

Self-obsession is exhausting, dissatisfying, saddening and suffering. The Four Truths wisdom-recognition realizes craving’s cessation and suffering’s end. Nirvana is auspicious, favorable and beneficial, a happy ending to another wise hopeless situation. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Auspicious.’

Wisely Reflecting, a personal and active realization is followed: the Five Remembrances are a sober recognition of life; the Five Wise Actions counter the role of subconsciously charged habits; the Wisdom Matrix

for Conditions Arising reveals the role of purposeful action; the Immeasurables (loving-kindness, compassion, shared joy and equanimity) are shared; the Monkey Mind distractions are controlled; insightful and discerning, the Four Noble Truths wisdom-recognition realizes craving's cessation and suffering's end. The self actor drama is concluded. Liberating wisdom as personal recognition ends the self-tragedy. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Secure...'

Worldly pursuits follow a self-contrived domination and an unsettled craved after urgency. Seeking gratification and permanence, nothing in the three Conditioned Realms is satisfying or enduring. One becomes sick, ages, dies and experiences loss tied to self-promoted actions.

The Four Noble Truths wisdom-recognition overcomes all mundane challenges: the Five Groups of Self-Attached Identification are an exposed charade; craving after links the past to future suffering; craving ceasing, suffering ends; and the Middle Way Noble Eightfold Path is followed to liberation. All uncertainty, hesitation, questioning, and searching settled, discerned is the one true security, Nirvana. The culmination of the Middle Way Path through Stream Entry passage brings one to 'the Secure.'

The uncertainty of the conditioned realms is correctly realized as impermanent, dissatisfying and subject to suffering, and as non-self. Realized is the Secure State that is the Unconditioned Realm without self-definition. No longer generating self-promoted actions, the Ultimate Reality is known. Craving brought to cessation, the Noble Truth wisdom-recognition turns to realize 'the Secure.' Not attached or supporting anything, Nirvana is secure. Life's turbulent nature has no bearing or influence on the Unconditioned Realm. In direct contrast to everyday pursuits, Nirvana isn't generated nor succumbs. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Destruction of Craving...’

The Four Noble Truths discerned, deliverance is real. Worldly pursuits are tied to the self extremes of indulgence and gratification as well as hostility and aggression. Life just doesn’t happen, but is willed as a self actor body/mind attachment through compromising habits and craving after. Wisely Reflecting, craving’s cessation (for desire, self-identity and as an escape) and suffering’s end is realized. The Middle Way experience transforms compelling habits and culminates as Wise Concentration to a unifying focus discerning the Noble Truths vision and understanding—the Ultimate Reality, Nirvana. The fulfillment of the Middle Way Path through Stream Entry passage brings one to ‘the Destruction of Craving.’

The true nature of life and reality is rightly known and discerned. As proper wisdom, craving’s role is discerned linking past motives and desires with the present and how future suffering arises. Renunciation and restraint applied, craving is subdued. Acknowledge how the mind opens to a spacious equanimity as relief and release from suffering is known. No longer is self-fulfillment pursued. Follow how awareness expands as personal insight to the Noble Truth Unshakeable Deliverance of Mind. A liberating wisdom distinguishes the Supreme Noble Truth, Nirvana as ‘the Destruction of Craving.’ As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Wonderful...’

Marvelous, sublime and the ultimate fulfillment, the Four Noble Truths are a profound wisdom-deliverance—from suffering to suffering’s end. An unburdening and relief, the body/mind misunderstanding eradicated, craving’s cessation gives way to the Ultimate Reality. This body/mind residue is dropped to then pass on to the Unconditioned Realm. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Wonderful.’

The Conditioned Realms reflect self-identification, impermanence, and how craving plays out as suffering. The Four Noble Truths are amazing, marvelous and wonderful; the Wisdom-Liberating Deliverance from self-promoted suffering. Self-obsession is dropped and craving ceases, equanimity as fulfillment stands out. The Noble Truths wisdom revelation shatters self-deluded misunderstanding. Joy and bliss, Nirvana is an unbound triumph and liberation. Final peace and fulfillment, the sublime liberation from the self-hoax is realized. Acknowledge the relief and release from suffering. Splendid and magnificent, the Ultimate Reality is penetrated. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Amazing...’

A Noble Truth clarifying insight for self-delusion, one isn’t measured or defined by the Five Groups of Self-Attached Identification. Astonishing, inspiring, and amazing, the Unshakeable Deliverance of Mind is realized. Self-promoted suffering ends and liberation is experienced. The Middle Way Noble Eightfold Path is fulfilled—conduct-virtue (controlling acted on transgressing habits), meditation-concentration (controlling actively arisen habits), and insight-wisdom (eradicating dormant habits). Wisely Reflecting, problems as answers, craving after as the link to suffering is exorcised. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Amazing.’

Awareness expands as personal insight—from self-preoccupied to a Noble Truths wisdom-realization. Enlightenment or known liberation are an amazing experience. Release from self-obsession and suffering’s end come to fruition. The Noble Truths’ wisdom-recognition dislodges ignorance and deliverance achieved. The Ultimate Reality, the Unconditioned Realm is realized. Unshakeable, certain and undeniable, the Four Noble Truths distinguishing recognition along with the Wisdom Matrix clarification, the Middle Way Path is a remarkable liberating experience. Stream Entry passage is fulfilled. Freed and joyful, experience the final equanimity as relief and release from craving and suffering’s end, ‘the amazing’ is known. As an Accomplished One,

the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Unailing...’

The Four Noble Truths highlight a self-fabricated illness but also share the Middle Way Path as cure. Insight Meditation reveals the stress and conflict of a body/mind self-friction, physical illness and mental instability. Everything pertaining and relating to the Sense, Fine-Material and Immaterial conditioned realms is a suffering or ailing. Applying the full Middle Way Path as treatment, ‘the Unailing’ is known. There is true well-being, fulfillment and peace as the Five Groups of Self-Attached Identification are dropped away and craving after is brought to cessation. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Unailing.’

Acknowledge the clarified mental well being as release from self-obsession to know the Unshakeable Deliverance of Mind. The final deluded hindrance, misunderstanding as ignorance is lifted. Acknowledge the settled and equanimous abiding. Self-inspired craving isn’t generated and doesn’t play out. Having proper wisdom, the Five Groups of Self-Attached Identification are overcome and the self-burden released. The Middle Way Path followed to liberating cessation, you are healed and suffering free. A well being, fulfillment and peace, the Unshakeable Deliverance of Mind is experienced. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Unailing State...’

Removed from one-sided extremes, the self-deluded fantasy and the craving after upheaval of the Conditioned Realms, the self-inflicted wound closes and heals. The Five Groups of Self-Attached Identification beguiling illusion is dropped. Ignorance is clarified. This body/mind manifestation is the left over residue of past ignorant actions. Uncorrupted and unaffected, the Conditions Arising causes and effects cycle stops and liberation is experienced. The culmination of the Middle

Way Path through Stream Entry passage brings one to ‘the Unailing State.’

Through renunciation and restraint, one turns away from worldly desires, hatred and confusion and self-obsession is dropped. Going from sensory contacted upheaval to a Wisdom Matrix clarification, craving’s compelling role is discerned. Realizing the Four Noble Truths wisdom-recognition and the Middle Way Path fulfillment, Wisdom-Liberating Deliverance is penetrated. Ignorance lifted, enlightenment or known liberation is realized, ‘the Unailing’ stands out. Acknowledge the relief and release from self-related confusion. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘Nirvana...’

A cooling down, a thirst quenched, a fire gone out, Nirvana is a state removed from self-promoted conditioned action factors and craving linking the past to continued suffering. Desire, hatred and confusion ceasing, known is the Unconditioned state without suffering. The Middle Way Path experience exorcizes craving, conceit, restlessness and misunderstanding. A Wisdom Matrix clarification, not tied to the arising and falling of self-promoted actions, the Supreme Noble Truth is penetrated. Released from ignorance, the Ultimate Reality is discerned. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘Nirvana.’

(“There is that dimension where there is neither earth, nor water, nor fire, nor wind; neither dimension of the infinitude of space, nor dimension of the infinitude of consciousness, nor dimension of nothingness, nor dimension of neither perception nor non-perception; neither this world, nor the next world, nor sun, nor moon...there is neither coming, nor going, nor stasis; neither passing away nor arising: without stance, without foundation, without support. This, just this, is the end of suffering.” UD 8.1).

Acknowledge the relief, release and equanimity as freedom from self-delusion and craving. A liberating cessation is known. A suffering-less

state, unaffected, not created, not born or dying, the Supreme Noble Truth, Nirvana is experienced. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Unafflicted...’

Harming, cruelty, hatred and oppression—self is suffering. The Five Groups of Self-Attached Identification are a deception, an exaggeration and gross misunderstanding of life and reality. A warped sense of self-importance leads to sorrow, lamentation, pain, grief and despair. With the Noble Truths as clarifying wisdom and the Wisdom Matrix discerned, self-centered tormenting intentions no longer are a burden or affliction. Eradicating desire, hatred and confusion, one turns away from the self-disaster and suffering to the immaculate and uncorrupted—‘the Unafflicted.’

Self-inspired motives (desire, ill will and harming) led to craving and a suffering fall out. Discerned through Wise Intention, the affects of the subconscious mental dialogue are realized. As a Wisdom Matrix recognition, realized are how self-generated intentions follow the Conditions Arising causes and effects cycle. Beyond the mundane scope of craving (desire, self-identity or to seek an escape), Nirvana is an unaffected realm. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Unafflicted.’

Self is a delusion, insatiable, frantic, out of control, and a craved after compromise. Closer to being insane, fortunately the Noble Truths clarification and Middle Way Path fulfillment are the rightful deliverance from self-driven torment. Following renunciation and restraint, sense contacts and impressions are subdued (eyes/forms, ears/sounds, nose/scents, tongue/flavor, touch/tactile and mind consciousness/thoughts). Habits eradicated through proper conduct-virtue, and craving cut off as renunciation and restraint, the ‘unafflicted’

is known. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘Dispassion...’

First experienced as dispassion for sense contacts and worldly pursuits, dispassion matures as a wisdom insight recognition into the self-deceived obsession. As a body/mind identification, the six senses were an all-consuming reference point. Through a Noble Truth discernment and Wisdom Matrix clarification, Wise Intention gave way to renunciation and restraint rather than desire, and Wise Effort applies the appropriate beneficial mental states. Wisely Reflecting, the subconscious mind is controlled, habit fetters released, craving brought to cessation, and the off base misunderstanding for a self is done away with. Wise Awareness and Wise Concentration join as a focused and penetrating wisdom-liberating recognition. The culmination of the Middle Way Path through Stream Entry passage brings one to liberated ‘dispassion.’

The dormant, active and transgressing subconscious flow of self-inspired habits is purged. Wisely Reflecting, control is exerted over thoughts to responsibly direct one’s intentions and actions. Now having proper wisdom and understanding, renunciation and restraint are applied as one is no longer consumed or dominated by habitual tendencies. As a Noble Truth wisdom-recognition, the self-ruse is exposed and the Conditions Arising suffering cycle properly understood. The Four Noble Truths wisdom and Wisdom Matrix clarification culminate as cessation and suffering’s end. The self fantasy is exorcised and craving cut off. The Ultimate Reality is realized. Following Stream Entry passage fulfillment, craving is cut off and dispassion follows as liberation. A fulfilled equanimity stands out. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘Purity...’

The Noble Truths are applied as an active wisdom for understanding life and reality. Specifically, the Middle Way's Wise Understanding of the Four Noble Truths revealed self as an impediment; Wise Intention brushed clean the initial imperfections and impurities (desire, ill will and harming); Wise Speech, Wise Action and Wise Livelihood helped polish away the self-delusion; Wise Awareness, Wise Effort and Wise Concentration realize the many conditions, actions, impulses and elements that went into forming as misunderstanding or ignorance the self-illusion. The Middle Way Path fulfilled, one passes through the purification and detoxification of the Noble Eightfold Path. The culmination of the Middle Way Path through Stream Entry passage brings one to 'Purity.'

From careless and impulsive to insightful and wisdom-clarified, realize how far you have come on this awakening journey. Purified, transformed and eradicated, one is released from the self-obsessed ignorance. With craving cut off, conceit and restlessness naturally fall away, acknowledge the transformation of the mind from self-consumed to purified and wise. The Middle Way Path is fulfilled and the Supreme Noble Truth realized, Nirvana as suffering's end. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'Freedom...'

Unwittingly taken in and cornered by a false sense of security, everything in the three Conditioned Realms is impermanent, dissatisfying and subject to suffering, and of a non-self nature (Conditions Arising). Together the Four Noble Truths and Wisdom clarify reality. Compromised by craving (for desire, self-identity and to escape), self is a burden and vexation.

Wisely Reflecting, the Four Noble Truths as proper wisdom: the First Truth is the Signless Deliverance for the Five Groups of Self-Attached Identification; the Second Noble Truth is a Desireless Deliverance for craving's role in suffering; the Third Truth is an Emptiness Deliverance for craving's cessation; the Fourth Truth is the Middle Way Path fulfilled leading to the Unshakeable Deliverance of Mind. The culmination of the

Middle Way Path through Stream Entry passage brings you to 'Freedom.'

Self-obsession and the related extremes are an out of touch view of life and reality (ignorance). Could this possibly have been me? Was I really this desiring, angry and confused person? I don't recognize myself. The body/mind attachment is dropped all together. With habitual domination and craving ended, the Five Groups of Self-Attached Identification misunderstanding is clarified and suffering ends. As a liberating cessation, the self-obsessed misunderstanding blinders are pulled away, liberation is experienced and the Unconditioned Realm is penetrated. Self-identified ignorance released and craving ceasing, 'freedom' is known. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

'The Unadhesive...'

Life's constantly changing nature is experienced as an arising and fading as well as having the characteristics and qualities of being sticky, stretching and pulling apart in transformation, and short-lived. The wave-like affect passes as purposeful action. Self-reactions leave one reeling and tormented.

Unlike conditioned promoted states, the Ultimate Reality is 'Unadhesive' or without self-attachment. Realized through the Noble Truths clarification, craving as the link to continued suffering is brought to cessation. The self-generated wave, falls flat and motionless. The culmination of the Middle Way Path through Stream Entry passage brings one to an 'Unadhesive-like' liberation.

The Four Noble Truths expose a self-hoax and the Middle Way is applied freeing attachments and transforming the gross misunderstanding. Acknowledge how you have been attached to a self-ordeal and left exhausted from trying to fulfill a fantasy, but to always come up short, dissatisfied and to suffer. Now rightly understanding the Wisdom Matrix Conditions Arising causes and effects, one isn't attached to any conditioned states and recognizes the Supreme Noble

Truth as ‘the Unadhesive.’ As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Island...’

Leaving behind worldly pursuits and crossing to the further liberated shore, the Unconditioned Realm as an ‘island’ is known. The Four Noble Truths and Middle Way Path are applied like a raft traversing the turbulent self-like seas to the Ultimate Reality which stands apart from impermanent, self-promoted conditions.

Life, birth, death and suffering simply don’t apply and aren’t a true reflection of reality (but rather multiple actions give the illusion of the ‘one’ or self). With no unique or individual self, there are only interacting causes and effects as purposeful action. The Unconditioned Realm isn’t connected to self-promoted scheming.

Navigating through self-deluded, murky waters, one struggles to stay afloat. Wise Reflection kept you on the surface from being taken under by worldly distracting pursuits and headed towards the ultimate goal of the Further Shore (Nirvana). The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Island,’ liberation.

Insight Meditation matures to Wise Reflection, Wise Reflection connects with the Wisdom Matrix, the Four Noble Truths, and the Middle Way Path deliverance to the liberating ‘Island.’ A place of refuge, seclusion, uncompromised and uncorrupted, the natural result is suffering’s end. The Ultimate Reality as an ‘island’ stands out apart from conditioned entanglements. Realized as a direct wisdom experience, discerned is the Unconditioned Realm. Finished with is this current body/mind manifestation to cross over to ‘the Island,’ Nirvana. As an Accomplished One, the threefold misunderstanding is clarified (the drive

for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Shelter...’

Self-obsession is an actual strangulation—seeking, desiring, plotting out as well as worrisome, fearful and doubting. Worldly experiences and interactions are dissatisfying. Self as undermining, craving leads to suffering. Nirvana on the other hand is a haven removed from self-tormented actions. A place of refuge experienced and discerned through Wise Reflection, realized is self-identification’s release and craving’s cessation. Wisdom then is a personal experience as freedom from self-captivity. As a deliverance from suffering, craving for desire, self-identification and as an escape are stopped. Turning away from worldly pursuits, a distinguishing insight emerges. The Wisdom Matrix and Noble Truths reveal life’s complexity as non-self and driven by purposeful action. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Shelter.’

The Four Noble Truths wisdom-recognition is practically applied and the self-hoax ended. The Middle Way Path leads to ‘the Shelter’ as safety that is the Unconditioned Realm. With karmic habits cut off and misunderstanding clarified, true peace and equanimity are known. The Five Groups of Self-Attached Identification are released and craving brought to cessation. This is to be the last body/mind manifestation. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Asylum...’

Craving’s cessation and the release from self-delusion, the Unconditioned Realm is a sanctuary. Freed from habitual impulses, Nirvana is the ultimate protection and refuge. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Asylum.’

A place of healing and true well being, with self-identification and associated attachments dropped as well as craving cut off, the ultimate refuge is realized. Beyond worldly distractions and pursuits, Nirvana as liberating cessation is known. Craving eliminated, self-suffering ends. The Unshakeable Deliverance of Mind as misunderstanding done away with, the Ultimate Reality is penetrated. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Refuge...’

Not an escape, denial or rejection but a true liberating experience, the Four Noble Truths wisdom clarification and the Middle Way are followed to the Unconditioned Realm sanctuary, Nirvana. The Conditioned Realms (in particular the Sense Realm) are exposed as suffering states. Worldly pursuits, communications and interactions are tied to a self-identified and promoted birth and death suffering cycle. Wholesome, healing, nurturing and a safe haven, a sanctuary, shelter and place of safety, the Middle Way fulfillment is an equanimous abiding and unconditional peace. The culmination of the Middle Way Path through Stream Entry passage brings one to ‘the Refuge.’

The Supreme Noble Truth recognition and Wisdom Matrix clarification, the Middle Way Path leads to Nirvana as the ultimate ‘Refuge.’ Wisely Reflecting, the Noble Truth as proper wisdom takes one from a self-obsession and suffering to the deliverance and safety of Nirvana. Acknowledge the relief and release from having dropped the burdensome self-baggage; the safety and shelter of the ultimate sanctuary is revealed and experienced. Now freed from self-promoted hindrances along with craving brought to cessation, the self-suffering cycle is stopped. The Unshakeable Deliverance of Mind brings one to true security. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

‘The Unconditioned Realm’

Nirvana is an unfabricated state without self-deception or craving. Not affected by impermanence and habitually produced actions, Nirvana is the Ultimate Reality. Over countless life times, you engaged in self-corruption through indulgencing and gratification as well as hostility and aggressive extremes. Overwhelmed by sensory activities and careless actions, one responded carelessly, impulsively and unwisely to follow a self-perpetuated livelihood.

To know and experience the breakthrough to the Unconditioned Realm, the Middle Way threefold appreciation of conduct-virtue, meditation-concentration and insight-wisdom is applied and followed. Greed, hatred and confusion are exorcised and the body/mind self-associated craving is cut off. The culmination of Stream Entry passage brings one to 'the Unconditioned Realm.'

Settled and equanimous, focused and discerning, as an Accomplished One wisdom is an active experience of the Four Noble Truths and the Wisdom Matrix clarification. Through the Noble Truths wisdom-recognition and following the Middle Way Noble Eightfold Path, conduct-virtue reined in detrimental habits, meditation-concentration secured subconscious dormant habits, and insight-wisdom did away with active self-delusion. Eradicated are the final ten fetters to be liberated from misunderstanding or ignorance. As an Accomplished One you no longer relate to experiences as self but as a Wisdom Matrix discerned purposeful action (multiple actions giving the illusion of the 'one'). Having stepped through the self-tainted mirror reflection, self delusion no longer shines. The Noble Truth wisdom-recognition discerns the Unconditioned. This body/mind residue is the final manifestation before passing on to the Unconditioned Realm, Nirvana. As an Accomplished One, the threefold misunderstanding is clarified (the drive for desire and existence, driven by mistaking life as self) and liberation experienced.

This is peaceful, this is sublime, with worldly distractions dropped and having dispassion for sensory activities, self-identification cools, craving is eliminated, and the associated conceit defused. One resides in the liberated equanimity of an Accomplished One. Without self-reference

and self-promotion, suffering ends. The Four Noble Truths affirmed and the Wisdom Matrix clarification for Conditions Arising penetrated, the Unshakeable Deliverance of Mind is realized and the Unconditioned Realm known. Nirvana as liberating cessation comes to fruition in this very life.